

Advertising feature. Your normal **onsunday** is inside

keep well this Winter!

TREAT YOURSELF AT HOME

At this time of year when seasonal illness is on the up, many common ailments can be successfully treated at home using simple remedies bought from your local pharmacy.

Common health complaints, such as coughs, colds and headaches, account for one out of every five GP appointments in England, but a well-stocked medicine cabinet will help to treat many conditions which can save a trip to your GP or walk-in centre.

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 solution • Tweezers**

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call 111 (if you are calling from Luton) or
NHS Direct on 0845 46 47



By choosing the right service according to your symptoms you will be able to receive the most appropriate treatment or expert advice and save time. Before going straight to A&E, please consider five other options:

Self-care	Grazed knee / Sore throat Cough / Hangover	Treat your own minor illnesses or injuries with a well stocked medicine cabinet
Calling 111 (if you are calling from Luton) or NHS Direct on 0845 46 47	Need urgent medical help and unsure where to go?	If you need urgent medical advice that isn't a 999 emergency and you can't wait for a GP appointment
Local pharmacist	Tummy ache / Runny nose Cough / Headache	Advice for treating common winter illnesses and the best medicines to use. Turn over for Christmas opening times
Visiting your GP	Vomiting / Ear pain Back ache / Diarrhoea	Appointments for medical advice, examinations or an illness or injury that may require prescriptions
Luton NHS Walk-in Centre 14 – 16 Chapel Street Luton LU1 2SE Call 01582 709290 8am–8pm, 7 days a week	Cuts / Strains / Itches Sprains Minor illnesses / Skin infections Emergency contraception Urine infections	For treating minor illnesses and injuries that do not require an A&E visit and you don't need to book an appointment.

For the latest local health news
 and information follow us on twitter

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www.luton.nhs.uk



The NHS in Bedfordshire and Luton

Only if it's an emergency

Hundreds of people a day visit our Hospital Accident and Emergency departments (A&E) for a range of ailments or injuries. Many of these people need fast life-saving treatment but some patients may not realise that their symptoms could be treated just as quickly and effectively by other NHS services.

THINK TWICE ABOUT VISITING A&E IF:

- You are unsure where to go - **Call 111 free of charge, 24 hours a day, 7 days a week** (if you are calling from Luton) or **NHS Direct on 0845 46 47** www.nhsdirect.nhs.uk
- Your symptoms do not require urgent or emergency medical treatment - please visit your local pharmacy, or call 111 or NHS Direct;
- It seems more convenient to use A&E because you live close by - there are other services available which are more appropriate and can save you time;
- Your GP surgery is closed - you can reach your GP out of hours service by calling 111 (Luton) or by phoning your GP surgery.

DO VISIT A&E OR CALL 999 IF:

You have a serious illness or injury that you think is critical or life threatening, such as **choking, chest pain, blacking out, broken bones or blood loss.**

Cut out and keep





The NHS in Bedfordshire and Luton

**CALL
111**

When it's less urgent than 999...

More than 30,000 calls have been made to the NHS 111 number in Luton since it was launched a year ago.

Luton was chosen to trial the new telephone service, which is designed to help people access the most appropriate healthcare service for urgent medical problems. The government has since announced that the service will be rolled out across the country by April 2013.

An independent evaluation of calls to the service showed that 85% of people in Luton would call the service again and that two-thirds were 'very satisfied' with the way the service handled their call. The service now takes around 100 calls a day.

The service can give you advice on how to treat yourself at home, direct you to an appropriate service (for example out of hours service, walk-in centre, a local pharmacy or A&E) or even call an ambulance if needed.

It is often difficult to know what to do when we have unexpected or urgent healthcare needs. The 111 service assesses your needs and then directs you to the best service for you.

If you live outside of Luton and need medical advice please contact NHS Direct on 0845 46 47

**CALL
111**

There is much more to your local pharmacy than you might think...

We all know where to go to get our prescriptions dispensed but your local pharmacist can also provide free expert advice on a wide range of health issues.

- Cuts and grazes • Bumps
- Advice on medicines
- Healthy eating • Obesity
- Quitting smoking
- Colds and flu • Sore throat
- Tummy ache or stomach upset • Aches and Pains

During the winter months health services experience increases in demand and GPs see a significant rise in the number of patients in their surgeries with coughs, colds and flu.

Unfortunately your GP does not have a magic cure for these, so instead why not visit your local pharmacy for advice on medicines to help ease your symptoms. These treatments do not need to be prescribed by your GP and can be purchased from your local pharmacist with their advice, saving you time.



PRESCRIPTIONS

NHS Luton Christmas and New Year Pharmacy Rota 2011/12

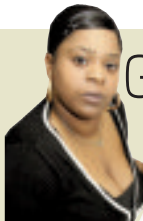
	Christmas Day (25 Dec)	Boxing Day (26 Dec)	Bank Holiday (27 Dec)	New Year's Day (1 Jan)	Bank Holiday (2 Jan)
Acorn Chemist, 213 Dunstable Rd	9.00am to 9.00pm	9.00am to 9.00pm	9.00am to 9.00pm	9.00am to 9.00pm	9.00am to 9.00pm
Asda Stores Limited (Dunstable)	Closed	10.00am to 4.00pm	9.00am to 6.00pm	10.00am to 4.00pm	9.00am to 6.00pm
Asda, Wigmore Shopping Centre	Closed	10.00am to 4.00pm	9.00am to 6.00pm	10.00am to 4.00pm	9.00am to 6.00pm
Boots, The Mall	Closed	8.00am to 6.00pm	8.00am to 6.00pm	11.00am to 5.00pm	11.00am to 6.00pm
Boots the Chemist Pharmacy (Dunstable)	Closed	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm
Denbigh Pharmacy, 60 Denbigh Rd	Closed	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 3.00pm
Lloydspharmacy, (7-11 Broadwalk, Dunstable)	Closed	Closed	10.00am to 3.00pm	Closed	10.00am to 2.00pm
Lloyds Pharmacy, 30 Marsh Rd	Closed	Closed	Closed	Closed	Closed
Lloyds Pharmacy, 613 Hitchin Rd	Closed	Closed	10.00am to 2.00pm	Closed	9.00am to 7.00pm
Sainsbury's, Dunstable Rd	Closed	10.00am to 4.00pm	9.00am to 7.00pm	10.00am to 4.00pm	9.00am to 7.00pm
Sainsbury's, Quantock Rise, Bramingham	Closed	10.00am to 5.00pm	9.00am to 7.00pm	10.00am to 4.00pm	9.00am to 7.00pm
Sainsburys in-store Pharmacy (Dunstable)	Closed	9.00am to 6.00pm	9.00am to 7.00pm	10.00am to 4.00pm	9.00am to 7.00pm
Westbourne Pharmacy, 198b Dunstable Rd	9.00am to 9.00pm	9.00am to 9.00pm	9.00am to 9.00pm	9.00am to 9.00pm	9.00am to 9.00pm
Tesco in-store Pharmacy (Dunstable)	Closed	Closed	11.00am to 4.00pm	Closed	11.00am to 4.00pm

For full details of all pharmacy opening times over the Christmas and New Year period visit www.luton.nhs.uk



Luther Blissett gives racism the red card

onpage 20



Grieving mum wants out of flat where child died

onpage 3

Keep up to date with the latest news and sport at www.luton-dunstable.co.uk

December 11, 2011

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www.luton-dunstable.co.uk

LUTON Onsunday

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SHE'S A STAR: Courtney Walsh – winner of the Child of Courage award

Brave Courtney's one of the 'Best'

COURAGEOUS Courtney Walsh was honoured for her bravery at a ceremony celebrating Luton's Best.

The year nine student at Stopsley High School won the Child of Courage category as she is always willing to participate and is at her happiest when helping others, despite suffering with alopecia, asthma and severe eczema.

She was one of 16 unsung heroes who were acknowledged for their achievements in the community.

The awards, now in its second year, received more than 400 nominations. Sponsored by *Luton on Sunday* and our sister paper *Luton & Dunstable Express*, the honours were held at Luton

Hoo Hotel on Thursday night. To see more pictures and event winners see pages 16 and 17.

A slideshow of pictures is also available on our website at www.luton-dunstable.co.uk



Anger at medal snub for soldier killed in training

BY LAUREN ARCHELL

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THE family of a war hero who died in army uniform have been told that he won't be awarded the Elizabeth Cross as he wasn't on a medal-earning operation.

Private Scott Mugridge, 20, of Cades Lane, Luton, died from injuries sustained after he was thrown from the turret of an overturning tank during a live fire training simulation in Germany.

However, the application for the award, created for soldiers who are killed in action, was declined as Private Mugridge wasn't serving on a medal-earning mission at the time of his death.

The decision comes despite the fact Private Mugridge had previously served on the frontline in Iraq in 2006 and sustained severe injuries that threatened

his army career. Just weeks before he was due home, the vehicle he was travelling in was hit by a rocket propelled grenade, leaving doctors fearing he would lose his eye and left hand due to the shrapnel wounds he received.

Despite recovering most of the use of his hand, he was told that he would be picking shrapnel from his arm, face and leg for the next 20 years.

Although he was told he didn't have to return to the army, the brave soldier said he wanted to be with 'his second family.'

He returned, and was undertaking training to go back out to the frontline for a second time when the tragedy occurred.

His mother, Carolyn Bowman said she is furious with the decision not to award him with the Elizabeth Cross.

"It is unbelievable the guidelines for the

award prevent a soldier who has died in army uniform, on an army operation from receiving it purely because it was a training exercise.

"The scroll that goes with the award states that the soldier has died giving his life for Queen and country, which is exactly what Scott did.

"We will be campaigning to change this decision and already have the support of Scott's troop and his commanders.

"We want everyone to recognise Scott as a hero like we do."

A Ministry of Defence spokesman said: "The Elizabeth Cross is awarded to the next of kin of those who have lost their lives either to an act of terrorism or on a medal-earning operation.

"Regrettably, a non-operational death during pre-deployment training does not fall under the agreed qualifying criteria."



DEDICATED: Private Scott Mugridge (left) with his family

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Jury sniff out guilty shop worker

A WORKER in the duty free shop at Luton Airport has been found guilty of stealing two bottles of perfume.

Calum Whadcoat, 21, said having put the bottles aside intending to pay for them, he left in a rush and forgot to do so because his grandmother was ill.

The prosecution at Luton Crown Court said Whadcoat deliberately selected the bottles to sneak them out and not pay for them.

Whadcoat, of Swifts Green Road, Luton, pleaded not guilty to the theft of the two bottles of perfume belonging to Aelia Duty Free, the company who operate the shop at the airport, on June 29 where he had started working four months earlier.

The prosecution said the rule was that employees working in the store could buy items at a staff discount but it had to be at the end of a shift.

They had to go to an area to

clock out and be searched and could then return to the shop to purchase goods.

The court heard that on June 29 this year Whadcoat selected the perfume during his shift, placed the bottles in a carrier bag which he then put behind the till at the Body Shop counter.

Later Whadcoat was seen by another member of staff to come up to the till and take the bag and then leave by the staff exit.

Outside he boarded a staff bus to take him and other workers back to a car park and as he was being dropped off was stopped by a security officer who had been alerted.

An Aelia HR representative at the airport confirmed he no longer worked there but refused to comment further about when or how he left his job.

He was found guilty by a jury on Friday. He will be sentenced on January 6 and was released on bail.



Bars agree drinks cost to beat crime

BY SOPHIE SCOTT

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PUBS have agreed to introduce a minimum price for drinks in a town to try to reduce crime levels.

At a meeting of Dunstable's Pubwatch, Matthew Goode, manager of Bar Chameleon (pictured) in High Street North, put forward ideas for the voluntary scheme to other bar owners in the town.

It is hoped that from next Saturday any bars or pubs that sign up to the proposal will agree not to sell drinks for less than £1.50.

In the space of two months there were four violent attacks on men in close proximity to Bar Chameleon – the victim of one spoke to *Luton on Sunday* about how he 'feared for his life'.



Mr Goode, who helped set up something similar when he worked in Nottingham, said: "There has been quite a lot of

crime in Dunstable in the evening. I know of various incidents that have happened all over the town centre and hopefully it will deflect some of the flak from us.

"All the bars and clubs are pulling together to promote responsible drinking."

A Beds Police spokesman said: "We welcome any move to ensure that people can enjoy a safe night out and the decision by Pubwatch to incorporate the minimum price for an alcoholic drink is a step in the right direction."

Central Bedfordshire Cllr Brian Spurr said: "We wholeheartedly support the introduction of minimum pricing by Bar Chameleon."

"We hope that this is just the beginning of a journey to minimum pricing being adopted across Central Bedfordshire."

Ex-cop denies passing details to wanted man

A FORMER policewoman has admitted to a jury that while in the job she tried to find confidential information on her boyfriend's pal who was wanted by detectives.

Hannah Quince said she went on to a police computerised search system in a Luton station to look for the information because she was 'curious' but denied passing it on to the man.

Miss Quince said the fact that police officers had visited her boyfriend's home in their search for Ben Sturge was 'bugging' her.

During her evidence to a jury at St Albans Crown Court, Miss Quince, 29, from Bedford, also admitted that while a student at De Montfort University she had occasionally taken cocaine.

Miss Quince, who is no longer a policewoman, is on trial with her boyfriend Christopher Shri, 30, and Mr Sturge, 30, both of Bedford.

All three plead not guilty to conspiracy to commit an act of misconduct in a public office.

Miss Quince also pleads not guilty to misconduct in a judicial or public office and her two male co-defendants deny aiding and abetting misconduct in a public office.

The prosecution claim that last November Mr Sturge was wanted for questioning by officers from the guns and gangs unit of Bedfordshire Police.

As a result, contact was made with him and it was arranged he would hand himself into the police at Greyfriars Police Station so that he could be formally arrested and questioned.

It is claimed he wanted to know what the police had on him and got his childhood friend, Mr Shri, to ask Miss Quince to find out.

Miss Quince, who was working out of Britannia House in Luton, is said to have carried out the searches using police computer systems just hours before Mr Sturge was due to be arrested.

It's alleged she then passed on the information to him through her boyfriend, Mr Shri.

Mr Sturge told the court he did not receive any information from Mr Shri or Miss Quince.

The case continues.

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Elderly man found in road dies after being hit by car

A PENSIONER has died after being hit by a car while on all fours in the road.

The 71-year-old man was spotted by the driver of a BMW in The Moakes, Luton,

who pulled over to help him, but another car, a Vauxhall Vectra, did not see the victim and overtook the parked car and struck him. An ambulance was called

but he was pronounced dead at the scene.

Police do not know why the elderly man was on all fours in the road.

PC Andy Carter is

investigating the collision and is keen to trace further witnesses.

If you have information call Beds Police on the non-emergency number 101.

Mum waits to escape horror of child's death

BY LAUREN ARCHELL

lauren.archell@lutononsunday.co.uk

A GRIEF-STRICKEN mother has been told to stay in the flat in which her four-year-old daughter died, after the council said she wasn't of high enough priority to be moved.

Nicole Long, 29, has been waiting for a house transfer since her daughter Alicia died suddenly in her sleep at their home in Sylam Close, Luton, a year ago.

Since then, Miss Long (*pictured*) has slept on the living room floor of her mother's house with her 18-month-old daughter Sienna every night, as staying in her own house alone is too traumatising.

Her doctor has supported her application to be moved, after she developed depression, suffered severe panic attacks and extreme hair loss as a result of stress caused by the death and subsequent situation.

Miss Long suffered further emotional turmoil when the council emailed her on November 18 to offer her a new home - only to be told two hours later there had



been a mistake and the house was going to someone else. She said: "I feel like my life is on pause and has been for the last year. I want to move on for the sake of my family but that isn't possible living here."

A council spokesperson said: "Following the tragic death of the tenant's child, we ensured that she was given appropriate support for a transfer

to another property. The council's Allocations Policy prioritises transfers in a fair and transparent way so those that are in most housing need, including the most vulnerable and at-risk households, are given higher priority.

"The council is legally bound to allocate properties in line with this prioritisation."

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Posts are a total load of bollards!

BY SOPHIE SCOTT

sophie.scott@lutononsunday.co.uk

WHEELCHAIR users have been left baffled as to how to navigate their way up a path after the council put posts in the middle of it.

The work, which will stop cars accessing George Street from King Street, has only just been completed by Luton Borough Council.

Because of the position of the 'Pedestrian Zone Ends' sign, it is virtually impossible for anyone in a wheelchair or with a pushchair to manoeuvre their way round.

David Gower, 75, of Colwell Rise, Luton, had to give up and take a completely different route.

He said: "I did all I could to get around the posts but I just couldn't manage it. I was going to Age Concern on King Street and it is on that side of the road."

"If I don't go up that pavement I have to cross King Street to get there and it is quite awkward as there aren't many dropped kerbs. I ended up going up George Street West and round to get there."

"It seems like whoever put it in or designed it didn't think about disabled people or mums with buggies. There's been no common sense taken. If the bollards are there to stop cars, then why do they need to be on a pavement?"

A council spokesman said: "The bollards are being put up as part of major works for the new Town Hall Square development and associated pedestrian improvements in and around the town centre."

"Once finished, the bollards will display images and captions that illustrate the town's history so that families and visitors can walk around the area while learning about the amazing journey Luton has travelled over time."

"The development is still ongoing and we expect it to be completed early next year."

"Once the works are complete all street furniture will be DDA compliant. If that requires the pedestrian sign to be moved this will happen before completion. We apologise for any inconvenience caused while the works are taking place."



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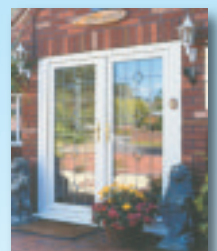
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Figures say quarter of cons will reoffend

BY SOPHIE SCOTT

sophie.scott@lutononsunday.co.uk

A QUARTER of all criminals will reoffend, according to new statistics from the Ministry of Justice.

The figures for Luton are in line with the national average but above the rates for Mid Bedfordshire which show there is a 19 per cent chance of re-offending.

In South Bedfordshire the rate is 23 per cent, while the figure for Luton is slightly less than that of county town Bedford.

The figures, available on sentencing.justice.gov.uk, are measured over a 12 month period of the proven reoffending for all adult offenders who were released from custody, or who received a non-custodial conviction.



IOM chairwoman Linda Hennigan

tion at court, a caution, reprimand, a warning, or who tested positive for opiates or cocaine.

To cut reoffending, the Integrated Offender Management (IOM) team was formed.

The group works with the coun-

ty's most persistent criminals to address issues which drive reoffending. The work is supported by monitoring and supervision to ensure that they are caught and convicted.

IOM chairwoman Linda Hennigan said: "Luton's reoffending rates, as members of public can see from the new website, are in line with the national average for England and Wales.

"As you'd expect, the rate is higher for large towns such as Luton and Bedford than for more rural areas of Bedfordshire.

"If you take a look at Luton's Community Safety Partnership Plan, then there are specific actions to tackle reoffending such as agencies working together as one IOM team to rehabilitate and manage Luton's most persistent offenders."

Workers to pitch ideas to boost ambulance service

AMBULANCE staff will get the chance to spend £1,500 on improving the service as they see fit.

The Spotlight Competition has been opened up only to the East of England Ambulance Service NHS

Trust (EEAST). The best two entrants will then receive cash rewards to develop their ideas further and will be supported by Health Enterprise East.

It is being run by NHS Innovations East, and gives staff

the opportunity to submit ideas of ways to improve the service.

The winner will get £1,500 to launch their idea, and second place will receive £500.

The competition is open until January 6.

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LUTON
BOROUGH COUNCIL

Another £10.5m for the chop in budget

BY SOPHIE SCOTT

sophie.scott@lutononsunday.co.uk

A COUNCIL has published its draft plans to spend £180 million next year.

Central Bedfordshire Council is putting forward its proposals to save money as it faces a budget cut of 28 per cent over the next four years.

The Executive agreed on the scheme on Tuesday and the draft will now go to public consultation before going to full council next year.

It is intended to spend £180 million on services including highways maintenance, waste collection and disposal, libraries, children's services and social care.

A reduction in government funding and increased demands on services – in areas like adult social care and children services – means the council needs to cut spending by £10.5 million next year and nearly £40 million over the next four years.

Councillors also agreed a £78.7 million capital programme outlining investments in road maintenance – an area which residents highlighted as important



'LONG WAY TO GO': Cllr Maurice Jones

in a recent council survey – as well as school buildings, street lighting and new residential care facilities.

Cllr Maurice Jones, deputy leader and executive member for corporate resources, said: "We've constructed a robust budget that

reflects the feedback residents gave to our budget survey. We got strong feedback that we should be looking to reduce back office costs, so we are proposing significant savings and efficiencies by reviewing management structures and administration to protect frontline services.

"It is clear from recent government statements that the country still has a long way to go to reduce the national budget deficit.

"While we are looking to drive through £10.5m of savings in the coming year, we want to ease the burden on our residents by not increasing council tax and also to invest in our infrastructure to support the local economy."

The council's spending plans are now open for public consultation. Residents can view the budget proposals online at www.centralbedfordshire.gov.uk/consultations or at their local libraries.

The consultation is open until midday on January 27, 2012.

Councillors will then use feedback to review the draft budget options, before full council announces the final budget on February 23.

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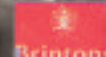
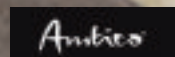
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your letters



Energy rage spreads

SIR - My thanks to your reader, Tony Bartoletti, for making me feel less alone in my rage about the renewable energy conspiracy in his letter last week.

But his brief expose of 'the great electric car scam' only reveals the tip of the iceberg.

He rightly points out that few renewable sources - whether they be wind, wave, tidal, or solar are anywhere near being commercially viable.

They only exist at all because of insanely massive 'Government' subsidies.

I put the word 'Government' in inverted commas because the 'subsidies' paid in this country are actually paid by the power companies - though the Government obliges them to do so.

So next time you see an array of solar panels on somebody's roof, just reflect on where the £1,200 a year the owner receives actually comes from.

Yes, that's right: from the increased electricity bills that you are forced to pay.

But before you rush out and order your own solar panels (they're about 16 per cent efficient by the way) I recommend you do your sums very carefully.

I did, and unless you're prepared to wait for in excess of 16 years before you start to see an acceptable return on your money, you're much better off keeping it in the bank.

Or maybe you think the 'free' systems offer a better bet?

Some companies will fit you a free system in return for them collecting the £1,200 a year and effectively 'owning' your roof for the next 25 years.

Again I advise careful thought.

True, they maintain it (the system, not the roof) and you benefit from about a third off your electricity bill (say £60) each year, but what happens if the technology improves and panels offering 50-60 per cent efficiency become cheaply available and then you want to sell your house?

Who's going to want to buy it with 'old technology' on a roof which is owned by someone else and therefore can't be taken off?

The discount you would have to suffer on your house sale price at that point will very likely dwarf the paltry annual savings you might have made over the years.

The arguments for wind turbines are similarly flawed - and what's more revealing is that no matter how many solar panels and wind turbines we may install, on the very first cold, still night in winter we will need just as many conventional power stations as we do today.

As the UK is not on a geological fault line we are indeed very fortunate to have the option of nuclear power stations which are not only extremely safe but produce no carbon (for those who still believe that man is causing global warming).

Better still, they compete very closely with gas and coal on price and we wouldn't have to rely on foreign imports or the weather.

Ron Turvey
Stanmore Crescent, Luton

Electric cars the way to go?

SIR - Yes electric cars might do 100 miles on one charge when only the batteries are powering the drive

Surprise over council's pay

SIR - I found it surprising that Luton Borough Council actually provided details to your paper (some two weeks ago) regarding the amount of money paid to employ staff.

The figure quoted of £259,000,000 divided by the 7,500 staff they employ averages out at £34,533 per person.

This believe it or not was published in your paper as a demonstration that the council

were working hard to give good value.

Under the same heading they also stated that the 48 councillors expenses for the year totalled £446,000.

This equates to £9,291.16 per councillor considering that this money is tax free.

If it was taxable income at the minimum 20 per cent rate it would equate to an extra income of £214.42 per week. The expres-

sion noses in the trough comes to mind.

As most of the councillors are, I suspect, employed, this is a very advantageous position for them to be in, compared to the people that elected them. There was a time when councillors worked for the benefit of the community without receiving what could be referred to as excessive reward.

T Cuthbert
Lime Avenue, Luton

motors but, consider this: in the winter when the morning and nights are dark, it is cold and snowing, the use of the heater/lights/rear window/demister and the windscreen wipers is needed so they can do their jobs.

These components do not run on fresh air - they take the power from the same battery that's powering the drive motors so, yes, charging points are needed.

However these batteries are not charged up in five minutes.

It takes hours and I assume that these charging points will be located in established car parks.

The councils will not allow cars to be parked without payment and who will want to hang around Dunstable waiting for their cars to be charged up?

Another thought occurred to me, the cables on the charging points contain copper.

What a gift to the copper thieves.

I am sorry that I feel so negative about this but I for one have not got more than £20,000 just to be greener than the next car driver, to buy a car that might do 100 miles on one charge.

Trevor Newman
Langdale Road, Dunstable

Cancer support on offer

SIR - The Government is planning the biggest shake-up of the benefits system in 60 years through its Welfare Reform Bill.

While we agree the system is complex and needs to be simplified we are concerned that proposed benefits changes in the Bill could mean that thousands of people with cancer are left without vital financial support.

The Bill is now in its final stages in Parliament so time is running out to make sure that people with cancer do not lose out on crucial benefits.

We are calling on your readers to help us campaign by signing our petition at www.macmillan.org.uk/welfare

The more support we get, the stronger our message to politicians will be.

For questions about cancer, or to

find out more about the benefits people living with cancer are entitled to, call Macmillan free on 0800 808 0000 (Monday-Friday, 9am-8am).

Thank you for your support.

Stephen Richards
Director for Macmillan Cancer Support

Buy cruelty-free gifts

SIR - The British Union for the Abolition of Vivisection (BUAV) is urging Christmas shoppers to only purchase gifts that have not been tested on animals this festive season.

Shoppers can avoid cruel animal testing by purchasing products bearing the BUAV's Leaping Bunny trademark - the internationally recognised gold standard which guarantees a company does not test their cosmetics and toiletries on animals.

Many people are unaware that cosmetics and toiletries on UK shelves can still be tested on animals.

Despite UK and EU bans on animal tests for cosmetics, many products available in UK high street stores have been animal tested in other parts of the world.

Yet, cruelty-free shopping has never been easier.

As more and more companies are joining the BUAV Leaping Bunny scheme, there is an even wider selection of products for both men and women.

You can buy gifts from BUAV certified companies such as Neal's Yard Remedies, Liz Earle, Faith in Nature, Melvita, The Body Shop, BM beauty and Bulldog Natural Skincare, as well as products made by major high-street retailers such as The Cooperative, Superdrug, Marks & Spencer, Sainsbury's and Argos.

For a full list of BUAV certified companies, please visit www.GoCrueltyFree.org

Please look for the BUAV's Leaping Bunny when choosing your cruelty-free Christmas gifts and sign the www.NoCruelCosmetics.org petition.

Michelle Thew
BUAV chief executive

Think of the turkeys

SIR - As the festive season approaches - full of food, parties, fun and laughter - Animal Aid is asking people to spare a thought for the millions of turkeys and other animals for whom Christmas is a time of suffering and exploitation.

Whether factory farmed, free-range or organic, all farmed animals meet a bloody end at the slaughterhouse.

So this Christmas, please spare a life and choose a meat-free feast instead.

And whether you're purchasing food for the Christmas meal or buying gifts for family and friends remember that all aspects of our celebrations can be cruelty-free.

Animal Aid's free Compassionate Christmas Guide is ideal for anyone who wants to enjoy the festive season without harming animals.

It covers fashion, cosmetics, ethical gifts, donating to charity, holiday entertainment and the all-important Christmas meal.

The food photography alone will set the taste buds tingling.

Compassionate Christmas proves that you won't miss out on festive fun by excluding animal products from your diet and shopping list.

It is available free of charge by calling 01732 364546 or emailing info@animalaid.org.uk

Kelly Slade
Animal Aid Campaigns officer

Keep an ME diary

SIR - Many people affected by the illness ME (Myalgic Encephalomyelitis) have been keeping a diary for decades.

It is an ideal way to record symptoms, experiences and feelings, as they happen and look back to see if anything can be learned from it.

But individual ME sufferers are losing the best opportunity there is to compare all their observations with fellow patients, from all over the world, simply by not sharing them, as they could so easily do.

To achieve this connection, for everyone's benefit, the ME Community Trust.org is inviting ME sufferers, to keep a diary in a uni-

form way, in order to attempt to better understand the cause, onset, progression and possible outcomes, using the benefit of a much bigger population for statistical analysis and mutual support.

Safety and confidentiality is insured by each diarist, assuming an alias and saving data to their own computers to avoid any hacking or personal abuse.

A more thoroughly explanatory press briefing has been sent to every national and local newspaper in this country, in the hope that features editors and health journalists will want to give it the further coverage it deserves.

In addition, we have 'ambassadors' in every country in the world - including Europe, USA & Canada, Australasia, the Middle East, Asia and Africa - who are publicising it in the same manner.

It also appears on our companion Facebook page, My M.E. Diary 2012 Trial.

As a prelude to potentially the most ambitious longitudinal study of ME, on every continent, ME sufferers are invited to send an e-mail from their assumed name to mymediary@mecommunitytrust.org with 'My M.E. Diary 2012 Trial' in the subject line today, or lose one of the best opportunities ever for combined co-operative strength.

Think of it this way: If you don't do it, why should you expect anyone else to?

Everyone who does makes the collective ME voice more audible and this awful illness more visible.

Dr John H Greensmith
ME Community Trust.org

Nominate your GPs

SIR - If you are disabled, and have received excellent care from your local doctor's surgery, Leonard Cheshire Disability wants to hear from you.

For the seventh year running, we have teamed up with the Royal College of General Practitioners for the Excellence in Disability Care award, which rewards practices that have gone out of their way to make sure their disabled patients receive high quality care.

Our judges are particularly interested in surgeries that go the extra mile, fulfilling not just their legal obligations to make their service accessible to disabled people, but being genuinely inclusive as well.

If you think your GP's surgery deserves recognition for the services they provide for disabled people then please get in touch.

Nominations are open until Friday, January 6.

You can go online to download a form at www.lcdisability.org/rcgp or we can post one to your home - just call 020 3188 7400 and choose extension 7534 or 7537.

Alternative formats are also available.

Guy Parckar
Policy and campaigns manager at Leonard Cheshire Disability

letters policy

LETTERS, preferably a maximum of 300 words, must arrive by 3pm on Wednesday. Full name and address must be supplied. Details will be withheld only in exceptional circumstances. Write to: Letters to the Editor, Luton on Sunday, 28 King Street, Luton, LU1 2DP. You can also email your letters to: editor@lsnmedia.co.uk

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MP wants elected chief to inspire crime fight

BY LUI STRACCIA

lui.straccia@lutononsunday.co.uk

AN MP has backed calls for the election of a crime-fighting police commissioner to be held next year - and urged wannabe candidates to step forward now.

South West Bedfordshire Conservative MP Andrew Selous (pictured with police officers) followed the lead of Policing Minister Nick Herbert who wants those 'committed to public service' to throw their name into the hat.

With new powers devolved from Whitehall, police and crime commissioners will have mandates from the public to drive the fight against crime and anti-social behaviour. They will be elected in every police force area across England and Wales, outside of London, on November 15, 2012.

It has been proposed that they replace 'watchdog' police authorities, and will have specific responsibility for:

- Working with the communities in their force area and identify their policing needs
- Setting priorities by agreeing a strategic plan for the force
- Holding the chief constable to account for achieving these priorities
- Setting the force budget and the policing precept in council tax bills



■ Appointing - and, if necessary, removing - the chief constable

Mr Selous said these important roles will 'herald a new era of policing, putting the power to hold the police to account in the hands of elected representatives'.

Mr Selous said: "This Government is reforming the police to drive the fight against crime and disorder."

"The Police and Crime Commissioner in Bedfordshire will restore the link between the police and the communities they serve."

"He or she will give people

across South West Bedfordshire a real say in how their area is policed."

In a speech on November 4, Policing and Criminal Justice Minister Nick Herbert issued a 'clarion call for prospective candidates to step forward'.

He said that he wanted to see 'dynamic leaders, community champions, pioneers and entrepreneurs to consider standing for this office', and that 'we need people of real calibre who have built or led organisations and who are committed to public service to step forward'.

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In the Autumn, Central Bedfordshire Council asked residents what the council's spending priorities and the level of council tax should be for 2012/2013.

Having listened to residents' feedback, the council has drawn up a draft budget for 2012/13. We are now inviting all residents and partners to comment on the draft budget.

The draft budget is available for you to view at www.centralbedfordshire.gov.uk/consultations or at your local library.

have your say...

You can have your say on the draft budget by:

- submitting your comments through our community discussion website www.letstalkcentral.com
- emailing your comments to consultations@centralbedfordshire.gov.uk
- writing to us at FREEPOST RSJS GBB2 SRZT, Budget Consultation, Central Bedfordshire Council, Priory House, Monks Walk, Chicksands, Bedford, SG17 5TQ (you do not need a stamp)

All responses must be received by 12 noon on Friday, 27 January 2012.

Whatever your views, we want to hear from you, so please take the opportunity to continue to shape the plans and make your money count!

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**steve lowe**

JUST when you thought it was safe to go out again, Jurassic Park leaps from the pages of fiction into reality. Scientists from Japan and Russia believe it may be possible to clone a mammoth after finding well-preserved bone marrow in a thigh bone recovered from permafrost soil in Siberia.

Teams from the Sakha Republic's mammoth museum and Japan's Kinki University will launch fully-fledged joint research next year aiming to recreate the giant mammal.

Global warming has thawed ground in eastern Russia that is usually almost permanently frozen, leading to the discoveries of a number of frozen mammoths.

I don't want to spoil the party but didn't mammoths live in very cold climes and became extinct during the last glacial retreat?

So at the moment in time when it would again to be too warm for them to live, we are about to reintroduce them.

The scientists might have to make them less woolly.

This must be one of the stranger side-effects of global warming, (for American audiences, please strike this out) that it enables us to reintroduce animals that existed during the last ice age.

This at a time when we are struggling to prevent many of the species that still inhabit the

If we mess with nature where will we end up?

planet from becoming extinct, including, ironically, some species of elephant.

Should the mammoths enjoy their rebirth and grow in numbers pretty quickly we may have to reintroduce sabre-tooth tigers to keep the population down. But I can't help wondering if we could not be more imaginative than reintroducing big woolly elephants with long tusks.

We are in a bit of a mess at the moment, so perhaps one of history's greatest economists, John Maynard Keynes, could be cloned and made President of the European Union.

A few old socialists might be handy, to breathe life into the Labour Party and offer a decent opposition.

And as we approach the 200th anniversary of the birth of Charles Dickens, what could

be better than to bring him back? Holiday novels with a bit of humour and social realism would be a great improvement on what we currently find in airport bookshops.

He might even have something to say on a society that makes the poor pay for the indiscretions of rich bankers.

'Hard Times 2, This Time it's Personal' sounds a pretty good title.

Back to the mammoth and my concern is that we can do this because we messed with nature and here we are, messing with nature again.

I don't normally accept the wilder shores of chaos theory but the Jeff Goldblum character in Jurassic Park may have had a point that we will be unable to predict where this might end up.

Not prettily, is my prediction.

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Linda Farrell, Lutonian of the Year



Simon Stothard,
winner of Adult
Achiever



THE very best of Luton was celebrated with a prestigious ceremony at the Luton Hoo Hotel on Thursday.

The Luton's Best Awards 2011 recognised the unsung heroes and achievers in the town.

Organised by the Luton Forum and supported by Luton Borough Council the non profit making event was run at no cost to the town thanks to 25 local sponsors who gave their financial support.

The evening was hosted by Bucks Fizz singer Cheryl Baker and the guest speaker was former Olympic javelin medalist Steve Backley OBE.

A total of 16 awards were handed out to people from all walks of life, age groups and cultures.

Hazel Simmons, chair of the Luton Forum, was delighted to have the opportunity to publicly say thank you to these exceptional people.

She said: "Yet again we received more than 400 nominations for the 16 categories and the judging panel, made up of our sponsors, had a difficult time to shortlist let alone choose the winners.

"2011 has been a fantastic year for Luton with so many people pulling together to put forward our bid for City Status. The quality of the nominees and



Former Olympic javelin medalist Steve Backley OBE

winners demonstrates that Luton would be a worthy of this accolade."

Jonathan Cropley, publishing director of *Luton on Sunday*, said: "I was one of the judges for the event and know first hand the high standard of the nominees. We are proud to yet again work alongside the Luton Forum on this fantastic event."



For more pictures and details of how to purchase them go to
www.dipintosales.co.uk/LutonOnSunday

Noah Enterprise, winner of Community Company of the Year



Ken Hone, winner of the Lifetime Achievement Award



of Luton are honoured



Singer Amber Blunt, 16



Singer Clara Byrne, 14

















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Take a stroll a stones throw away from the town centre into High Town and discover a whole new world; with its small streets and protected Victorian buildings it is steeped in history, dating right back to the 1800s.

High Town was famous for its Hat Factories with more than 50 warehouses of various sizes active in the 1970s; and there were almost as many public houses.

The Railway Tavern situated by the train station is a pub that has had the most name changes of all Luton's public houses. Originally called The Mitre, it has been pulling pints since 1834, and is now run by publicans Dave and Shell.

Meanwhile The Painters Arms further up the road is another old pub dating back to 1863 and boasts the oldest Snug in Great Britain, run by new landlady Angie.

There are a fair few new businesses along High Town that you should check out such as Net Central to bag a bargain or partake in some

internet surfing or if you fancy a quick snack then there is Hajeez for a burger or Kebab. But when it comes to established businesses in High Town there are plenty.

The Royal Pharmacy has been there 10 years or more and Lucia Hair and Beauty has been there 20 years; Lucia the owner is currently having a refit but open for business as usual!

Derek of Tatham's Jewellers has spent the last 35 years making bespoke handmade jewellery and watch repairs; he certainly has seen some changes.

I guess though, The Scandinavian Cafe and restaurant run by Italian couple Teresa & Gazza may be one of the longest residents there, a family business formerly run by their parents. Next year marks their 40th anniversary of serving food to the locals in High Town.

So why not treat yourself and head on up to High Town this Christmas.

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Knight to the rescue on roads

BY SOPHIE SCOTT

sophie.scott@lutononsunday.co.uk

A 'WHITE Knight' will lead Central Bedfordshire's fleet of new gritters to battle with this year's cold weather.

The machine's name was picked by four-year-old Perla Heley-Weatherley of Dunstable from almost 100 entries as part of the council's annual winter driving campaign.

As part of this year's maintenance programme the fleet will be carrying out as many as six daily salting runs in the most severe weather.

The 18 vehicles will also carry real-time tracking so base crews



can see where they are, how fast they are moving and how much salt they have spread.

Roads carrying the highest volume of traffic are gritted when road temperatures are expected to drop below zero and when they

are expected to be damp. Cllr Brian Spurr, executive member for sustainable communities services, (pictured with Perla) said: "We keep in store more than 5,500 tonnes of salt – that's enough to spread over 30,000 football pitches. With the average gritting run using seven tonnes of salt.

"As well as making sure priority roads are sufficiently salted, we have been working over the summer to repair around 1500 pot-holes caused by last year's severe weather - investing over £200,000."

Perla Heley-Weatherley said about her entry: "White is for the snow and knight as the gritter's keep our roads and drivers safe."



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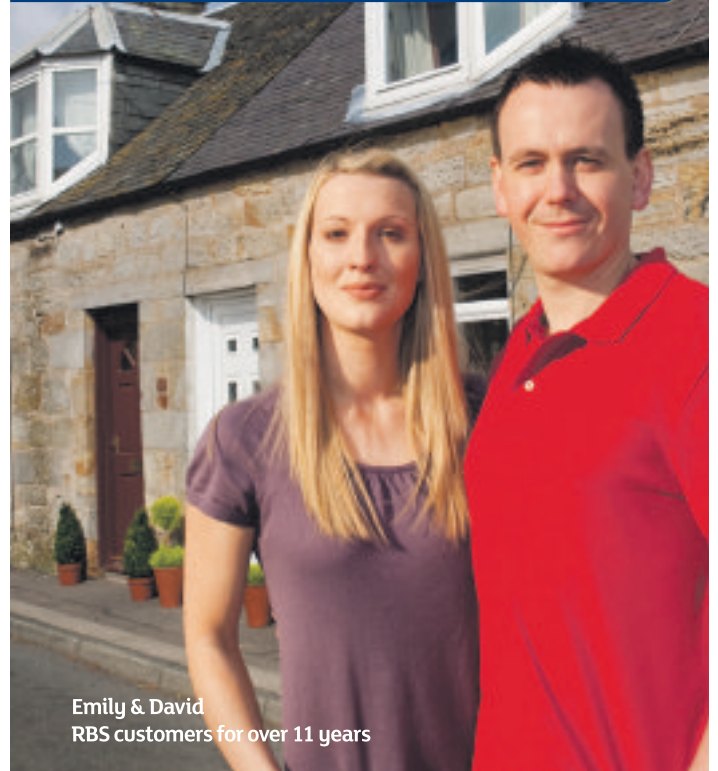
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VINYL FLOORING • LAMINATE**Blissett helping to kick racism out of football**

YOUNGSTERS are being urged to Show Racism the Red Card at Luton Town FC.

Children from Ramridge Primary and Wenlock C of E Juniors have been invited to Kenilworth Stadium on Thursday to pose questions on racism to current and ex-professional footballers, including Luther Blissett (pictured) and Paul Mortimer.

Show Racism the Red Card is an education charity which utilises the high profile of professional footballers as anti-racist role models, delivering events with

football clubs and workshops in schools across the country.

Mr Blissett, who has been working with the organisation for the last three years, said: "The work that we deliver in schools has, in my view, not only a profound effect upon the young people it is aimed at, but also on the teachers, educators and youth workers who look after them."

Club director David Blakeman said: "We hope the project and our involvement in it will help spread the message to our community that racism is unacceptable."

**Fire-threat teen held
lighter to another boy**

BY LAUREN ARCHELL

lauren.archell@lutononsunday.co.uk

A 17-YEAR-OLD man who doused another youngster in petrol and threatened to set him on fire, has been sent to a young offenders' institution for 18 months.

On Friday, April 22 off duty police officer Andrew Carlin spotted the offender in Lalleford Road, Luton, dragging the victim along the floor, pouring liquid over him and threatening him

with a lighter. The officer intervened and was assaulted by the teen who fled the scene.

However, as the youngster was well known to the officer, he was identified and later arrested at his home address and charged.

On Tuesday, November 29 the offender appeared before Luton Crown Court and was jailed for 18 months for affray.

Speaking after the sentencing PC Carlin said: "I am just relieved that the victim in this incident did not suffer any serious

injuries. It must have been a terrifying ordeal and I am just glad that I was in the right place at the right time to stop this attack."

PC Kerry Smith, who investigated the incident, said: "Thankfully, the quick actions of PC Carlin stopped this incident from being far worse than it already was."

"The offender was well known to the police and we are satisfied that he will not be able to cause more harm for a significant period of time."

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Map: M1 Junction 10-13, Langley Road, Latimer Road, Haulage Street, Right Floors.

How works on the

DESIGNED and built in the 1950s, the M1 currently operates well over capacity, resulting in queues and delays at peak times.

The route, which connects London with the Midlands and the North, is currently undergoing improvement works between junctions 10 and 13 which will hopefully reduce congestion and lead to more reliable journeys.

This particular section of road was chosen to be improved due to its importance to the national motorway network and economy, with more than 135,000 vehicles using this route every single day.

In 2009 the Secretary of State announced that the M1 Junctions 10-13 scheme would be taken forward as a Hard Shoulder Running Scheme (HSR).

The project combines a number of new technologies to provide enhanced information to drivers, thanks to the addition of speed limit signals, emergency refuge areas, new emergency roadside telephones and hard shoulder running if necessary.

Signs and signals on gantries will inform drivers of traffic

FOLLOWING our report last week about the work needed to the M1 gantries, **LAUREN ARCHELL** looks at all the improvements being made between Junction 10 and 13 of the M1, including the introduction of Hard Shoulder running, the removal of lighting and regenerating the J10a spur road

conditions ahead, speed limits and the availability of lanes.

The position and sequence of the signals will ensure that drivers have time to see and understand the messages and to make a manoeuvre, if necessary.

More than 70 gantry signs will also show whether the hard shoulder is able to be used as a running lane for all vehicles if there is an incident or severe congestion ahead.

As we reported last week, 17 motorway signs are currently being replaced as they were not initially 'welded' correctly.

Contractor Costain Carillion is taking on the costs for the mistake so there is none to the taxpayer.

To maximise the benefit of the HSR scheme the capacity of Junctions 11 and 12 are also being improved with all works scheduled to be completed by spring 2013.

As a result of the upgrades it was decided that lighting along the route will be permanently switched off and removed, although junctions and their approaches will remain lit.

The decision to remove the lighting was made as it was in a poor state of repair and had come to the end of its useful working life.

Instead, a low-light CCTV camera system will be installed so Highways Agency staff can monitor the motorway at all times.

However, Luton Borough Council's executive requested a review of the situation after sending a letter to the Highways Agency informing it of its 'extreme concern'.

A council spokesman told this newspaper at the time: "In summary, we have questioned the

F This is excellent news which brings us a step closer towards delivering a number of major economic regeneration opportunities in Luton

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M1 are designed to keep traffic moving



BEAT THE JAMS: The new motorway signs will warn drivers of congestion

decision to turn off the lighting because 'hard shoulder running' will mean that vehicles are travelling a lot closer to the central reserve barriers and structures over the motorway."

In addition, the council announced last month that it has received provisional government support for an improvements scheme at M1 Junction 10a.

In July, the authority applied for £19.5 million of Regional

Growth Funding to remove the existing roundabout and widen the M1 Spur road to three lanes.

Current plans also show that two new roundabouts would be built to allow road users to join and leave London Road and the M1 Spur.

Cllr Roy Davis, the authority's portfolio holder for regeneration, said: "This is excellent news which brings us a step closer towards delivering a number of

major economic regeneration opportunities in Luton.

"It could also help facilitate potential development at Luton Airport and unlock hundreds of jobs that could be created from the relocation of Northern and Shell's operations for the Express newspaper group."

If the M1 Junction 10a improvements scheme is approved, work could begin in early 2013 and complete during 2014.

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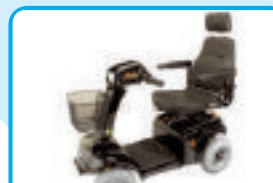


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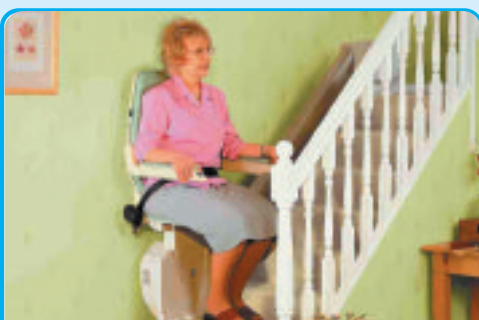
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PROPERTY OF THE WEEK

Toddington

Price £299,995



Stable Cottage provides a rare opportunity to acquire a detached character cottage that has just undergone a quality conversion and now offers a flexible 3-bed 2-bathroom home with a difference in a vibrant village with exceptional schools and great travel links.

INVESTMENT POTENTIAL

South West

Price £139,995



A well presented family home with refitted kitchen/diner, spacious lounge, cloakroom, three bedrooms, refitted bathroom, attractive rear garden and communal parking.

Limbury/Icknield

Price £265,000



Located on Icknield Way is this deceptive three bed detached bungalow has a garden in excess of 180 feet and scope for further extensions subject to planning.

Dunstable Town

Price £106,995



A Top floor 2 bed apartment with re-fitted kitchen, being double glazed and having allocated parking to the rear.

Leagrave

Price £77,500



This first floor one bed apartment is being sold with a 1/8th share of the freehold and a lease of 999 years. Making it an ideal investment opportunity.

NEW INSTRUCTION

Bushmead

Price £219,950



Take a look at this well presented three bed detached home located in the ever popular Bushmead development in Luton. The house benefits from a lounge, dining area, kitchen, utility room, conservatory and cloakroom to the ground floor with three bedrooms, en-suite and family bathroom to the first floor.

Dunstable Town Centre

Price £149,995



VERY WELL PRESENTED AND IMPROVED TWO BED CHARACTER PROPERTY WITH A CELLAR AND LOW MAINTENANCE REAR GARDEN. The property has been much improved by its present owners and is well worthy of an internal viewing to appreciate the numerous benefits on offer.

Upper Sundon

Price £179,995



Located in Upper Sundon this three bedroom house is an ideal first purchase. There is a large living/dining room, cloakroom, kitchen and front and rear gardens.

MUST BE VIEWED

Toddington

Price £479,950



Located on the sought after Alma farm development in Toddington, this four double bedroom detached with views to the rear over open countryside is an ideal home for a growing family. It has a south facing rear garden and double garage.

Wigmore

Price £152,995



You will need to be quick if you wish to view this modern two bed house located in this quiet cul de sac on the ever popular Wigmore development. The Wigmore development is ideally located for the commuter with rail, motorway and airport all being within a short drive.

North Dunstable

Price £222,500



Well presented, spacious and extended family home. With 4/5 bedrooms, also have the added benefit of an en-suite to the master bedroom. Double garage to the front, and parking for multiple cars. Also offered with no upper chain.

East Dunstable

Price £284,995



An opportunity to acquire a rarely available property with an attached annexe providing a separate living space. Is this 3 double bedroom semi-detached family home. The house itself has also been extended to the rear and provides sizeable accommodation, including a spacious lounge/diner and kitchen/breakfast room. No upper chain.

Chalton

Price £399,995



A modern four bed detached home, situated in a quiet cul de sac in the village of Chalton which has been maintained to the highest standards by its current owners and has planning for a loft conversion.

South Luton

Price £229,995



A much improved traditional three bed semi detached home which has recently been upgraded and improved. Offering spacious living accommodation in excess of 1000 square feet and with a well maintained and private garden to include a decking area ideal for outside entertaining.

Limbury/

Price £234,950



Extended bungalow in Limbury Mead! The bungalow has spacious and adaptable accommodation currently with three bedrooms one with en-suite.

West Dunstable

Price £189,995



A semi detached house with lounge, dining area, study, re-fitted kitchen, three bedrooms, re-fitted bathroom, off road parking and attractive garden.

Toddington

Price £249,995



Located just a short walk from the Village shops, this Double fronted Four bedroom home dates back to 1561 and was formally the "Hare and Hounds" Public House.

Houghton Regis

Price £114,995



A larger style 2 bedroom property with lounge and separate dining area. There is a garage to the rear and the property is offered with no upper chain.

Bushmead

Price £169,995



Modern three bedroom home in the popular Bushmead area of Luton. The house is offered in excellent condition throughout.

Dunstable Town Centre

Price £189,995



THIS VERSATILE PROPERTY OFFERS A MULTITUDE OF USES, WITH 4 BEDROOMS, 2 SHOWER ROOMS AND 2 LARGE WORKSHOPS IN THE REAR GARDEN. A rare opportunity to acquire this individual property situated on Chiltern Road that really could be used for many varying purposes.

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NEW INSTRUCTION

BARTON HILLS £299,995

- DETACHED BUNGALOW
- THREE BEDROOMS
- SPACIOUS LOUNGE
- REFITTED BATHROOM


NEW INSTRUCTION

PUTTERIDGE £214,995

- EXTENDED SEMI DETACHED
- THREE BEDROOMS
- PLANNING GRANTED
- AMPLE PARKING


LEAGRAVE £249,950

- Spacious Detached
- Three Receptions
- Four Bedrooms
- Ample Parking
- No Upper Chain
- Close to Station


BISCOT AREA £225,000

- Extended Semi Detached
- Four Bedrooms
- Two Receptions
- Two Bathrooms
- Garage and Parking


ICKNIELD £224,950

- SEMI DETACHED
- 35' LIVING AREA
- EXTENDED KITCHEN
- THREE BEDROOMS
- DETACHED GARAGE

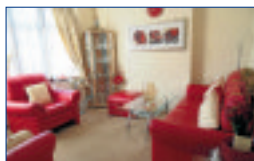

NEW INSTRUCTION

BUSHMEAD £155,000

- NO UPPER CHAIN
- TWO DOUBLE BEDROOMS
- KITCHEN/DINER
- CENTRAL HEATING


L&D BORDERS £155,000

- Requires modernisation
- No upper chain
- Extended
- Three bedrooms


NEW PRICE

ICKNIELD £209,995

- DETACHED FAMILY HOME
- TWO RECEPTIONS
- REFITTED KITCHEN
- THREE BEDROOMS
- GARAGE AND PARKING
- NO UPPER CHAIN


BUSHMEAD £194,950

- SEMI DETACHED
- THREE BEDROOMS
- KITCHEN/DINER
- GARAGE WITH DRIVEWAY
- NO UPPER CHAIN


LIMBURY £185,950

- SEMI DETACHED
- THREE BEDROOMS
- REFITTED BATHROOM
- CONSERVATORY
- GARAGE


BARTON HILLS £324,995

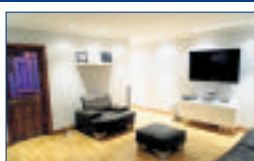
- EXTENDED DETACHED
- TWO RECEPTION ROOMS
- FOUR BEDROOMS
- REFITTED KITCHEN
- SPACIOUS MASTER BEDROOM
- NO UPPER CHAIN


HIGH TOWN £105,000

- IMMACULATE MAISONETTE
- ONE BEDROOM
- REFITTED KITCHEN
- REFITTED BATHROOM
- GARAGE WITH PARKING
- CLOSE TO STATION


CLOSE TO STATION £119,995

- TWO BEDROOMS
- LOUNGE/DINER
- REFITTED KITCHEN
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- WELL PRESENTED


L & D BORDERS £319,995

- 'One of a kind' Bungalow
- Four Bedrooms
- Two receptions
- Two Bathrooms
- Double garage with Parking


BARTON HILLS £171,995

- MID TERRACED HOME
- THREE BEDROOMS
- LOUNGE/DINER
- FITTED KITCHEN
- DOUBLE GLAZING


BUSHMEAD £221,995

- DETACHED HOME
- THREE BEDROOMS
- REFITTED KITCHEN
- REFITTED BATHROOM
- GARAGE


BUSHMEAD £149,995

- ENTRANCE HALLWAY
- CLOAKROOM/WC
- TWO BEDROOMS
- REFITTED BATHROOM
- NO UPPER CHAIN





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£169,995

- Two Bedrooms
- Semi Detached
- Dormer Conversion
- Garage
- Conservatory
- Off Road Parking



3 BED SEMI | £175,000 OIEO

- Three Bedrooms
- Semi Detached
- Extended Ground Floor
- G/F Disabled Bathroom
- Converted Loft
- Off Road Parking



4 BEDROOM DETACHED | £300,000 OIEO

- Four Bedroom
- Detached
- Vacant Possession
- Corner Plot
- Possible Granny Annex
- Subject to planning consent



ROSSFOLD ROAD |

£169,995

- Bungalow
- Three Bedrooms
- Semi Detached
- Garage
- Off Road Parking
- Good Sized Garden



ONE BED - BARTON HILLS | £117,995

- One Bedroom
- Cluster House
- Barton Hills
- Close to Local Amenities
- Enclosed Garden
- Allocated Parking



LINK DETACHED | £189,995

- Three bedroom
- Link detached
- Refitted kitchen/diner
- Conservatory
- Gas radiator heating
- Garage
- Driveway
- Popular development



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- Barton Hills
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- Close local amenities
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- MUST BE VIEWED

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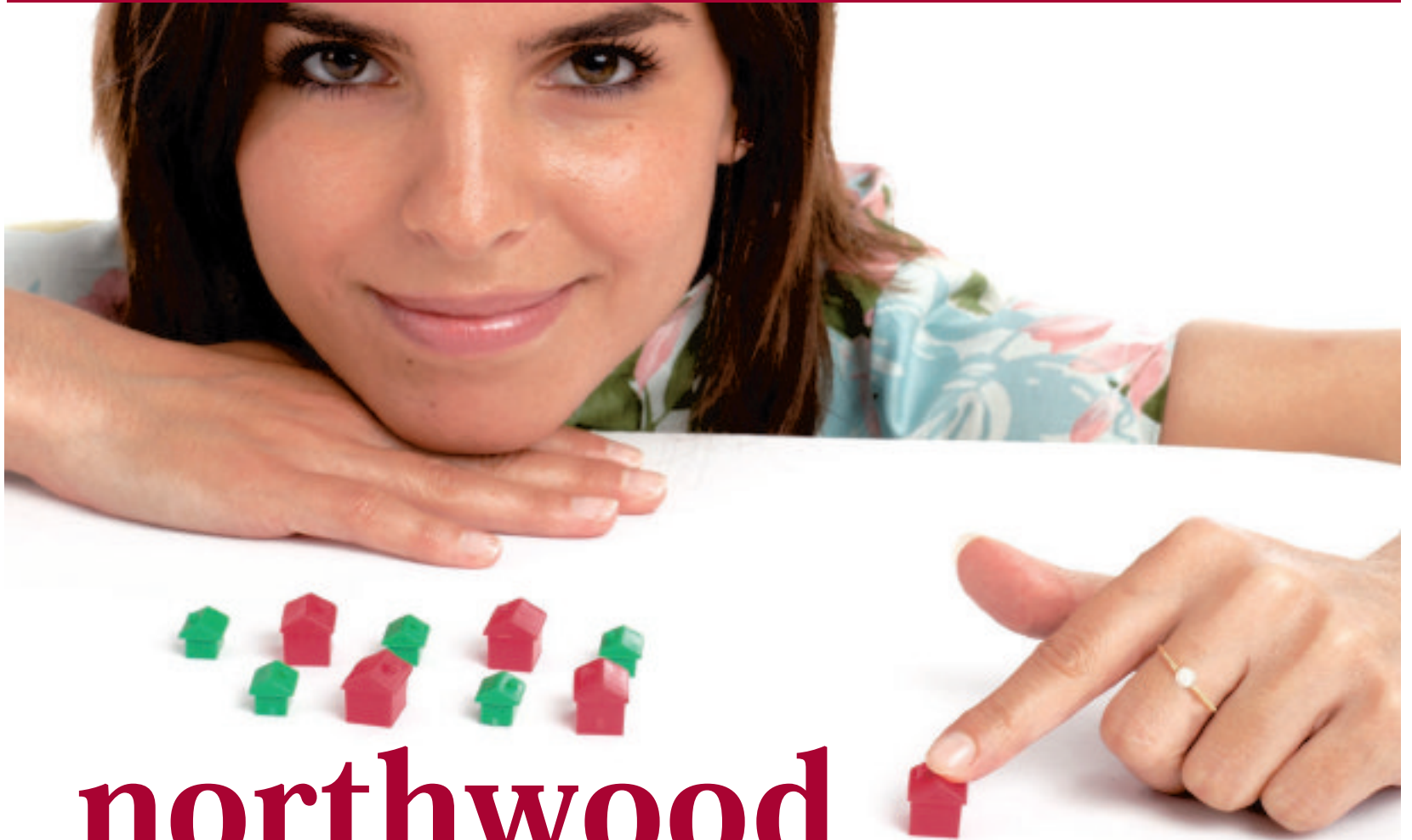
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- Good Size
- Furnished
- Off Street Parking
- Available Mid December



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- 1 Bed Ground Floor Flat
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- Wall Closet
- Close To Shops
- Refurbished
- Available Mid February



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Toddington Road

£475 pcm

- One Bedroom
- 1.5 Months' Deposit
- First Floor Flat
- Sought After Area
- Lounge
- Unfurnished
- Parking
- Available Now



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Leagrave

£550 pcm

- One Bedroom
- Bathroom
- Cluster Style Home
- 1.5 Months Rent Deposit
- Undergoing Refurbishment
- Unfurnished
- Kitchen
- Available Now



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Brussels Way LU3

£550 pcm

- 2 Bedroom Maisonette
- Electric Heating
- Unfurnished
- Parking
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- Close To Schools
- First Floor
- Available Now



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Rochford Drive LU2

£575 pcm

- Wigmore
- Parking Area
- One Bedroom
- 1.5 Months Deposit
- First Floor Maisonette
- Unfurnished
- Kitchen With Cooker
- Available 13th January



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Leagrave

£600 pcm

- Two Bed Floor Flat
- Bathroom With Shower
- Unfurnished
- 1.5 Months Deposit
- Two Allocated Parking
- Close To Leagrave Station
- Sp.
- Available Now



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New Bedford Road LU2

£625 pcm

- 2 Bedroom Flat
- Good Size Bedrooms
- Unfurnished
- Parking
- Lounge
- Close To Town Centre
- Kitchen
- Available 22nd December



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Dunstable

£650 pcm

- Two Bedroom
- Entry Phone System
- Brand New Apartment
- Off Street Parking
- Close To A5 And M1
- Unfurnished
- Two Double Bedrooms
- Available Now



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Central Dunstable

£650 pcm

- Two Bedrooms
- Close To The Town Centre
- Apartment
- Entry Phone System
- Off Street Parking
- Unfurnished
- En Suite Onto Master
- Available Beg January



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New Bedford Road LU3

£675 pcm

- Two Double Bedrooms
- Under Floor Heating
- First Floor Apartment
- 1.5 Months Deposit
- Large Lounge With Balcony
- Part Furnished
- Garage
- Available Now



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Dunstable

£675 pcm

- Two Bedroom
- Double Glazing
- Double Glazing
- Off Street Parking
- Close To The A5
- Furnished
- Gas To Radiator Heating
- Available Now



01582
543680

Houghton Regis

£695 pcm

- Three Bedroom
- Good Size
- Mid Terraced Home
- Shower Room
- Close To Local Amenities
- Unfurnished
- Single Garage
- Available Now



01582
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Leagrave

£695 pcm

- Spacious Two Bedroom
- Bathroom With Shower
- First Floor Apartment
- Garage With Parking
- L Shape Lounge Diner
- Unfurnished
- Modern Kitchen
- Available Now



01582
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L & D Borders

£695 pcm

- Available Beg January
- Off Street Parking
- Part Furnished
- Gas Central Heating
- Lovely Size
- Mid Terraced
- Close To M1
- Two Double Bedroom



01582
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Saints

£725 pcm

- Three Bedroom
- Front & Rear Garden
- Terrace House
- G.C.H.
- Two Reception Rooms
- Part Furnished Unfurn
- Cloak Room
- Available Now



01582
543680

Birds Estate

£775 pcm

- Available 1st January
- Double Glazing
- Part Furnished
- Close To L&D And M1
- Immaculate Condition
- Semi Detached Home
- Single Garage
- Three Bedroom



01582
543680

South West Dunstable

£795 pcm

- Beg December
- Lounge/Diner
- Unfurnished
- GchDouble Glazing
- South West Dunstable
- End Of Terraced Home
- Good Size
- Three Bedroom



01582
543680

L & D Borders

£895 pcm

- Available Now
- Double Glazed
- Part Furnished
- Gas Central Heating
- Conservatory
- Chalet Style Bungalow
- Garage & Drive Way
- Three Bedroom



01582
616263

Elmwood Crescent LU2

£925 pcm

- A Family Three Bedrooms
- Off Rd Parking And Garage
- Unfurnished
- Gas Central Heating
- Two Reception Rooms
- Semi-Detached House
- Large Garden
- Available Now



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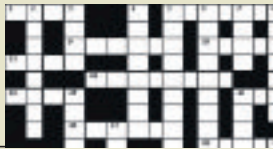
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Heart FM stars chat
to X Factor runner-up
Rebecca Ferguson
onpage34



Just for fun - the
LoS puzzle corner
onpage34

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PANTOMIME

JACK AND THE BEANSTALK

Grove Theatre, Dunstable

Until January 2

EXPERIENCE a fantastic treat for all the family with Jack and the Beanstalk at the Grove Theatre in this year's fabulous Christmas pantomime.

Following the fantastic success of last year's production of Aladdin, Duo Pantomimes is proud to present the most magical pantomime of all time, Jack and the Beanstalk, which opened on Friday.

Comedy, spectacular sets and extravagant costumes abound in this enchanting tale of magic beans, giants, heroes, villains and of course the lovable Daisy the Cow.

The villain of this year's pantomime will be played by Don Gilet who most recently starred in EastEnders as Lucas Johnson.

Gilet is no stranger to television having starred as DS Nicky Cole in the BBC series 55 Degrees North.

Other television appearances include Casualty, Holby City, Silent Witness, Cutting It, The Bill and Doctor Who. The princess of this

magical tale will be played by television star Gemma Bissix who starred as Clare Devine in Hollyoaks.

Bissix also played Clare Bates, stepdaughter of Nigel Bates in EastEnders. Her other screen credits include Doctors, The Crust, Britannia High, Hotel Babylon and Dancing on Ice.

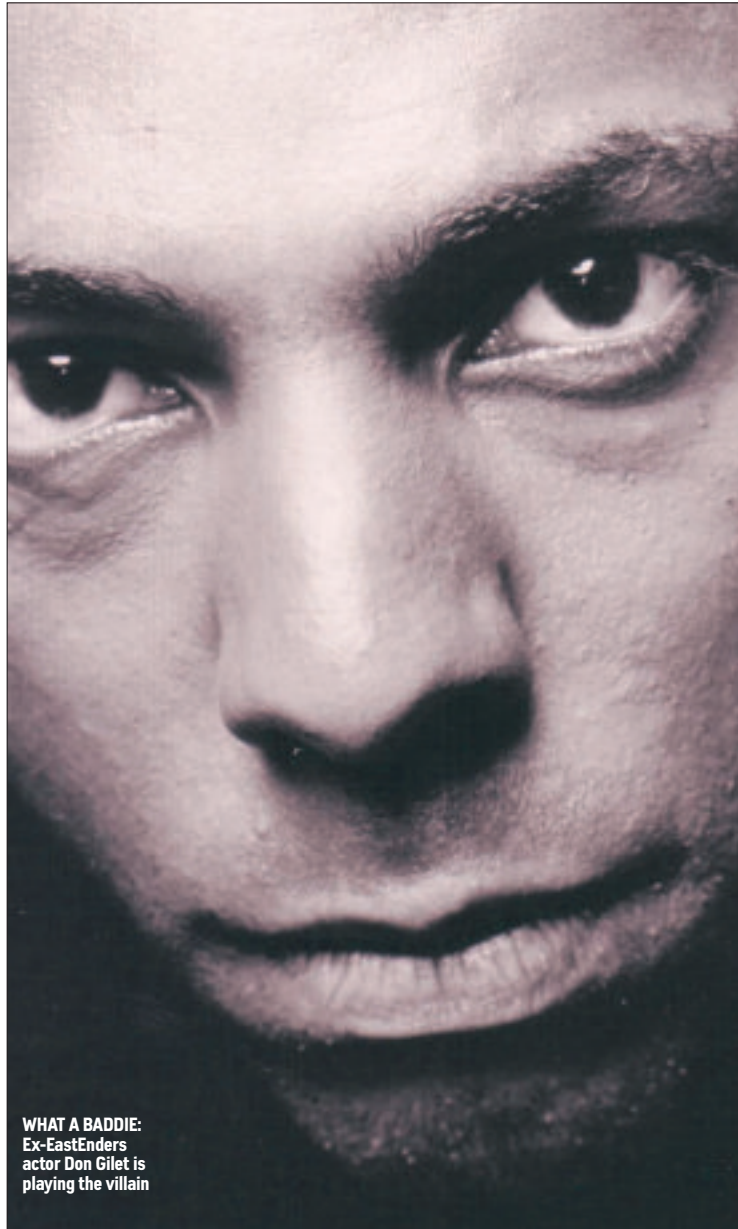
Children's TV legend Postman Pat will be dropping in to deliver a special guest appearance.

Pat, who has been entertaining audiences since 1981, is currently celebrating his 30th anniversary year in children's television.

Pantomime favourites Malcolm Lord, who starred as Bungle in popular children's television show Rainbow, and Carl Johns, who returns to Dunstable after playing Smee in 2007 opposite Brian Blessed in the Grove Theatre's first ever pantomime Peter Pan, are back at the Grove Theatre as Dame Trott and Simple Simon.

And no magical tale would be complete without a hero and this year Jack will be played by rising star Toby Lord.

To book call the box office on 01582 602080 or online at www.grovetheatre.co.uk



WHAT A BADDIE:
Ex-EastEnders
actor Don Gilet is
playing the villain

Get crafty with fun yuletide activities

WHAT'S ON

WINTER WONDERLAND

Wardown Park Museum
Saturday and Sunday, 1pm-4pm

NEXT weekend you can take part in fun Christmas activities for all the family.

You can make traditional Christmas decorations, cards and calendars of your own personal design, in a fun filled yuletide atmosphere.

These will make a lovely gift for a relative or friend.

Santa will also make an appearance on both days so your little ones will be able to see him and receive a gift.

For those grown-ups who may feel left out, they can try their hand at the museum's Christmas quiz.

Everyone is welcome to drop-in and there is no need to book.

Craft activities are £1.50 per child and the Santa visit has a small charge of £3.99 which includes a gift.

For more information about the Christmas activities at Wardown Park Museum call 01582 546722 or see www.wardownparkmuseum.com

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Wednesday & Sunday Gourmet Night £10.95 P/P
Sunday Buffet Lunch 12 - 5.30pm more dishes added to our Sunday Buffet
Eat as much as you like £8.95 Adults, £4.95 children

Christmas
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 Special Christmas menu available
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Breakfast club

– with Heart FM's Stuart and Natalie

HAVE you ever wondered whether Adele is tempted to sing in her speaking voice? If you've never heard her talk, it's very different. We thought the same thing when we caught up with last year's X Factor runner up Rebecca Ferguson as she has her fabulous debut album out in time for Christmas called Heaven. The first single is called Nothing's Real But Love.

She has an incredible singing voice but have you heard her speak? Of course you have and she's a broad 'Scouse'. So we asked her whether she'd ever sing in her speaking voice.

Laughing, Rebecca said: "It doesn't come out like that, I don't know why it doesn't come out like that but I'm thankful for it."

We wanted to know whether she carried a notebook around in case she's inspired when she's out and about but she's much more savvy: "I see things and I'll remember it but mainly with voice notes on my iPhone."

"In fact most of the album was recorded like that and I'd take it into the studio and we'd start from there."

She's not got the new iPhone that talks back despite wanting one and possibly asking Santa. After we heard Adele voted for her 80 times, Rebecca told us the star had been "really lovely throughout the whole thing."

Luckily, she didn't send her the phone bill though.

Rebecca told us: "I have bumped into people and they are like 'I spent £400 texting' and I'm like ok, not really sure what to do now."

Stu suggested offering a couple of tickets to her next gig.

Do listen to the full interview on our blog, as Natalie is trying very hard to improve her accents and Rebecca humoured her to try to help and even agreed Natalie had improved.

■ Stuart and Natalie present Heart Breakfast Monday to Friday 6am-10am on Heart 96.6FM



Take Flight by Tracey Joyce

Artistic efforts a stroke of genius

ART
LUTON ART
Wardown Park Museum, Luton
Now until February 26

THIS annual exhibition displays selected works from the Luton Art competition.

Luton Art aims to inspire creativity and support local artists as submissions are taken from both young and adult artists from Bedfordshire, Buckinghamshire and Hertfordshire.

This year the competition received 177 adult and 44 children's entries.

The winners were announced on

November 18 at a private awards ceremony attended by MPs Kelvin Hopkins and Gavin Shuker.

Tracey Joyce won first prize in the adult category with her work Take Flight; a stunning impressionist painting depicting two flamingos. Second prize winner, Keith Knight, took inspiration from the local surrounds for his award-winning work, Stockwood Park, Luton.

Additionally, there was an array of artwork from young artists aged between five and 16 years.

The winner of the 11 and under category was Charlotte Ledwidge with her beautiful work, Family.

Luuk Hulsebos was the winner

of the 12-14 category with a self-portrait to rival Van Gogh and Arshad Hussain took the prize for the 15-16 category with his eye-catching piece, Colour Explosion.

The judging panel included Ben Hodson, a professional artist and photographer, Celia Glyde Husband, a practicing artist who works with acrylics and mixed media and Ruth Parsfield, a ceramicist and local lecturer.

Luton Art 2011 is running until February 26 next year.

All are welcome to come along to either buy works from the exhibition or to see the impressive talent displayed by the artists across the three counties.

We're going walking in a winter wonderland

WHAT'S ON
A WINTER WALK – THE HOLLY AND THE IVY
Starts at John Dony Field Centre, Luton
December 20, 10am

IN order to appreciate the winter beauty around the town, you have the opportunity to go for a free Winter Walk with Nature Conservation Officer, Trevor Tween.

Meet Trevor at the John Dony Field Centre in Luton.

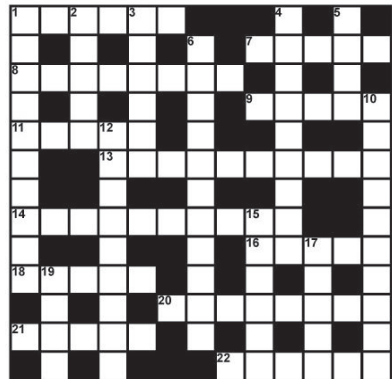
Remember to dress up warmly for this winter stroll where you will experience a mixture of Christmas folklore and natural history to set the scene for the festive season.

Trevor will be talking about the plants we all associate with a traditional Christmas and take you via Bradger's Hill and the River Lea.

With glowing cheeks the walk will finish at Wardown Park Museum where there will be some warm mince pies, mulled wine or a nice hot cup of tea waiting for you.

For more information visit www.lutonculture.com

PUZZLE CORNER



THE THINKER

ACROSS
1 Remove unwanted bits from fry-up I cooked (6)
7 What to wear on a regular basis (5)
8 Away from house, remove clothing to do best (8)
9 The best study involves energy (5)
11 Drops off, wakes this way (5)
13 Beaten by car crash injury (10)
14 Rant about writer's copy (10)
16 Disagree in regular guest interview (5)
18 Relative size of a bit of fish (5)
20 Strained voice, so felt at ease (8)
21 Sorting papers, I missed the affair (5)
22 Mused about going first to make mark (6)

DOWN
1 University guide to look for gold in America (10)
2 Proportion of food allowance cut short (5)
3 Shark, perhaps, eats alien ritual object (6)
4 He's said to make coffee poorly for lawman (9)
5 Capital mail shot (4)
6 Rival ad pops up, causing rejection (11)
10 Interfering demons led me astray (10)
12 Note breeze – fish getting fewer (9)
15 Some herbal samples of ointment (6)
17 Byline lifted by newsmen is kept in (5)
19 State has money still (4)

SOLUTION FOR LAST WEEK
ACROSS: 1. Jackpot 4. Charm 7. Kale 8. Humorous
10. Resounding 12. Counterfeiter 14. Photograph
18. Puncture 19. Agar 20. Earth 21. Screech
DOWN: 1. Joker 2. Colossus 3. Thunderstorms 4. Crown
5. Atom 6. Masseur 9. Hunt 11. Strangle 12. Crumple
13. Edgy 15. Hatch 16. Harsh 17. Gnarl

SU DOKU

5					1	
	3					4
		9	2	4	6	
4						
7		8				2
				1		5
	9	6	3	5		
2					8	
1						4

Complete the grid so that all rows, columns and 3x3 boxes contain the numbers 1 to 9.
Solution next week.

Fun!

Nº	2	-	4
Fun!	+	9	÷
21	9	x	5

Use all the numbers and signs to make the star total. Do calculations in strict order from left to right with no brackets - eg 9-4+5+2x9=27
Last week: 6 + 2 + 1 x 7 - 1 = 27

FIND THE WORDS

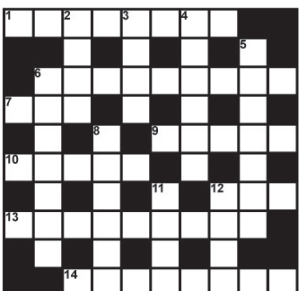
Q	T	A	R	E	Q	A	T	N	O	R	P	P
U	R	A	Q	H	U	C	O	L	E	V	T	O
I	E	U	U	Q	I	T	Q	K	E	Y	I	L
T	I	R	S	T	U	U	F	C	T	B	C	A
K	R	P	Y	H	H	I	P	I	L	C	O	G
Y	S	R	O	A	K	C	C	L	W	P	L	T
R	U	P	S	L	K	O	I	K	P	S	E	I
R	H	T	E	E	L	F	T	M	R	D	V	F
R	E	L	T	E	A	A	A	N	I	A	D	W
U	E	C	V	S	D	C	G	P	O	U	C	S
H	T	S	A	F	H	S	A	T	C	R	U	E
B	H	A	S	P	T	R	E	S	C	U	P	R
A	P	A	C	R	A	P	I	P	D	K	I	L

Find the words: Up, down, forwards, backwards, straight or diagonal. This week: Fast: Speed, Fast, Velocity, Mach, Race, Tear, Belt, Pronto, Scud, Hurry, Fleet, Clip, Gallop, Lick, Rapid, Swift, Haste, Rush, Quick, Apace

MATCH FIVE

Amongst all the five letter words, can you find the five that appear in both grids?
(Forwards, backwards, up, down, straight or diagonal)

P	S	S	E	W	E	R
R	A	C	U	O	A	E
D	E	G	A	R	L	T
E	V	A	E	L	I	O
B	A	R	E	D	D	V
B	L	H	C	U	O	C
E	S	U	O	R	S	B



QUICKSOLVE?

ACROSS
1. Honour (8)
6. US vest (9)
7. Asking reason (3)
9. Lever point (5)
10. Wonky (5)
12. Depression (3)
13. Questionable (9)
14. Streaked (8)

DOWN
2. Heavy soil (4)
3. Agenda (4)
4. Lying (6)
5. Heat unit (7)
6. Talk softly (7)
8. Pour off (6)
11. Cab (4)
12. Scheme (4)

SOLUTION FOR LAST WEEK
ACROSS: 1. Quantity 6. Obliterate 8. Recap
9. Trust 12. Outlandish 13. Smoothly
DOWN: 1. Quotations 2. Axe 3. Tote 4. Target
5. Sheepishly 7. Asylum 10. Undo 11. Wish

MATCH FIVE

ANSWER: MATCH FIVE
LEAVE, VIRUS, SLAVE, ROUSE, COUCH

SU DOKU

6	9	7	1	4	8	3	5	2
3	8	5	2	9	6	7	1	4
8	3	6	4	9	5	2	7	1
2	7	6	4	1	9	5	3	8
8	2	9	5	6	7	1	4	3
5	6	3	7	8	1	4	2	9
6	1	5	4	3	2	9	7	8
3	2	8	4	7	5	6	9	1
9	4	1	3	2	8	7	5	6

Solution for last week

FORTHCOMING EVENTS

DECEMBER CHRISTMAS PARTY

Tuesday 13th Dolly Parton Show **£25pp**
 Wednesday 14th Michael Bublé Tribute **£25pp**
 Thursday 15th Elvis Tribute **£25pp**
 Sunday 18th 70's Music & Disco **£25pp**
 Monday 19th Cher & all the Divas **£25pp**
 Tuesday 20th Country Western/Irish Evening **£25pp**
 Wednesday 21st Michael Bublé Tribute **£25pp**
 Friday 23rd Disco & Music Quiz **£30pp**
 Saturday 24th Xmas Evening Dinner & Disco **£20pp**
 Friday 30th Robbie Williams Tribute **£25pp**
 Saturday 31st New Years Eve **£45pp**

JANUARY 2012

Friday 6th Abba Tribute Evening **£25pp**
 Saturday 7th Robbie Williams Tribute **£25pp**
 Friday 13th Michael Bublé Tribute **£25pp**
 Saturday 14th Country & Western Evening **£25pp**
 Friday 20th Tina Turner & Disco Classics **£25pp**
 Saturday 21st Cher & All the Diva's **£25pp**

Why not have the likes of Michael Bublé, Elvis, Cher & Dolly Parton at your Xmas Party

CHINESE NEW YEAR CELEBRATION WEEKEND YEAR OF THE DRAGON

Friday 27th Dolly Parton Show **£25pp**
 Saturday 28th 70's Evening & Disco **£25pp**

FEBRUARY

Friday 3rd Amy Winehouse Tribute **£25pp**
 Saturday 4th Disco & Music Quiz **£25pp**
 Friday 10th Elvis Tribute **£25pp**
 Friday 17th Michael Bublé Tribute **£25pp**
 Friday 24th Robbie Williams Tribute **£25pp**

MARCH

Friday 6th Abba Tribute Evening **£25pp**
 Saturday 7th Robbie Williams Tribute **£25pp**
 Friday 13th Michael Bublé Tribute **£25pp**
 Saturday 14th Country & Western Evening **£25pp**
 Friday 20th Tina Turner & Disco Classics **£25pp**
 Saturday 21st Cher & All the Diva's **£25pp**

Price includes set menu and entertainment

Man Ho Chinese Restaurant & Takeaway

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Open Evenings

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Luton and Dunstable Hospital
 NHS Foundation Trust



University of Bedfordshire

Are you 14-19 years old and think you might be overweight?

You may benefit from a **FREE** 12 week, fully supervised **EXERCISE** or **DIETARY** programme designed to improve health as part of a research study being run by the University of Bedfordshire and the Luton & Dunstable Hospital.

You will receive a **FREE** comprehensive assessment of your health (related to future diabetes and heart disease risk) as part of enrolment into the study.

The programme will be conducted at either the Luton & Dunstable Hospital or in Bedford, at the University of Bedfordshire, Polhill campus, depending on your location.

For more information, contact Ben Davies,
 Tel: 07795 661777,
 e-mail: ben.davies@beds.ac.uk

or contact Dr Catherine Kerr,
 e-mail: catherine.kerr@beds.ac.uk

announcements

view the guest books at: www.luton-dunstable.co.uk/announcements

Birthdays



MONICA GAMMONS

Look who's 90
Happy Birthday
Love from
Beryl, Carol, Wendy,
Darren, Colin, Mel
and all the great
grandchildren
xx



LESLEY SIMPSON

Look who's still
looking great at
Fifty!!!
15 - 12 - 2011
Much love and best
wishes
Rob, Dan and Josh
xxx

In Memoriam



JESSICA CHAPMAN

Happy
21st
Birthday
We hope you have a
great day.
With love from
Mum, Dad,
Jack, Tom,
Grandpa,
Grandma &
The Whole
Family
xx xx



In Memoriam Catherine Marks

8.8.1945
- 11.12.2009

*You left behind my broken heart
And happy memories too
I never wanted memories
I only wanted you*

From your loving husband Roger
Miss you forever

Sharon, Jacqueline, Darren,
Claire, Janet, Dean, Ayesha &
Stephanie



ADELE BLEAKLEY

Happy 16th Birthday
11/12/11
Lots of love
Mum, Rob, Lara and
family xx

Deaths

JUDGE on 3rd
December Peter
William Judge, Aged
78 Years. Funeral
Thursday 15th
December at Luton
Crematorium for
4:00pm. Flowers and
any enquiries. C/O John
Saunders & Son 48
Duke Street Luton
01582 731696

JONES Peter
13th December 1983.
Loved and remembered
always. Georgie,
Lesley, Martin, Nic and
Family

SU FOGG

15th December
2009

Much loved and
missed by all
her family
and friends

KENNETH PARKER

23rd December
2010
Treasured memories
of a dear Husband,
Father and Grandad
Sadly missed and
forever in our hearts
Jean, Anthony,
Geoffrey and
Families

JOHN PATRICK TOBIN

Passed away 8th
December 2008
Sadly missed
Brother
From all Family

JIM KEIRS

Dad/Grandad
25.02.41 -
14.12.09
Thought of and
missed every day.
Loved dearly and
in our hearts
forever.

Emma, Paul,
Adam,
Lois, Ali
and Ed
xxx

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High Level Teaching Assistant Required

To work with children 11-16 who have
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Post is within our motor vehicle department.
Mechanical knowledge desirable but not
essential for the right candidate. A teaching and
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carol.nemar@kwseducational.co.uk

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Experienced CNC Miller

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email: nab_sales@btconnect.com



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Luton: Eunice 01582 483100
MK: Gerri 01908 211799

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UP TO THE MINUTE
LOCAL NEWS**
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supporting quality supply teachers

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on **01908 242490**



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conference.centre@beds.ac.uk

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Barnfield is a Beacon College, graded 'Outstanding' by Ofsted and the
West-Staffs leader for the Eastern region.
The Barnfield Federation is proud to be an Investor in People (Gold)
Champion. Our Federation is made up of Barnfield College, Barnfield
South and West Academies, Barnfield Primary Free School and the
academy's first FE sponsored Studio School. Driven by excellence and
success we continue to grow in size and maturity with several other
academies and developments planned for 2013 and beyond.
If you like working in a dynamic and forward thinking organisation,
join our outstanding and innovative team, and help students reach
their full potential.

Barnfield
Setting the standard

Federal: Head of Premises Sales (Academies)

Barnfield Business Centre, Harpenden

£50,000 + up to 10% PRP

Barnfield Federation is an innovative and fast expanding organisation that has
great potential to generate income by the effective utilisation of our state-of-
the-art facilities and the services that we offer.

This is an exciting new role which will promote the Barnfield Federation within
the communities it serves and beyond and will ensure that we maximise our
assets and generate income through new and existing business. You will have
experience of sales management with excellent local knowledge and contacts.
Your 'can do' attitude, entrepreneurial skills and commitment will drive the
Barnfield Federation forward.

Closing date: Wednesday 21 December 2011

If this is what you are looking for please apply at: www.recruit.barnfield.ac.uk
If you require assistance with the online application please use the contact
details:

Human Resources: 01582 569 812 Email: recruitment@barnfield.ac.uk

Barnfield is committed to equal opportunities and welcomes applications from
all sections of the community.

We are committed to Safeguarding and promoting the welfare of children and
vulnerable adults. Applicants are expected to undergo criminal background
Checks.

www.barnfield.ac.uk
Part of the Barnfield Federation



Are you bubbly, outgoing and enthusiastic?

If so, we could have the job for you at MK News. Due to our success and continued investment, we have the following vacancies:

OFFICE BASED TELESales CONSULTANTS - RECRUITMENT & CLASSIFIED

LSN MEDIA publish award winning and market leading local newspapers in Beds, Bucks & Northants. Within our portfolio we also have rapidly growing websites and a number of successful magazines and niche products. We have gained a reputation for delivering quality, hard hitting news and advertising solutions that provide results for our valued customers.

We are looking for highly motivated individuals to maintain an established customer base in our recruitment & classified pages. These roles involve setting effective & exciting campaigns to fulfil our customers needs, as well as gaining new business through canvassing and cold calling. Our dedicated recruitment team are responsible for all the recruitment sections in the LSN titles, and although the classified role will mainly be working on the MK News, you are encouraged to cross sell into the other LSN titles in Bedford, Luton, Dunstable & Northampton. These positions would suit confident, persuasive and motivated sales people who are able to provide a high level of customer service at both MD and grass root level.

We offer a salary of up to £16,000 per annum (dependant on experience) with genuine and realistic opportunities for further career advancement as well as:

- Generous bonus structure to earn up to £18 - £20k
- 25 days holiday per year
- Regular training
- Contributory pension and healthcare after qualifying period

If you have that 'certain something' to join our friendly team, please email your CV with a covering letter to marie.baker@mk-news.co.uk. Please specify which position you are applying for and why you are just the person we're looking for.



LSN Media is part of the Iliffe News and Media Group.

It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion and training and not discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union memberships.

LSN Media is part of the Iliffe News and Media group.

We publish award winning and market leading local newspapers in Beds, Bucks & Northants. Within our portfolio we also have rapidly growing websites and a number of successful magazines and niche products. LSN Media has gained a reputation for delivering quality, hard hitting news and advertising solutions that provide results for our valued customers. Due to our success and continued investment, our Luton office has the following vacancies:-

FIELD SALES MEDIA CONSULTANT & TELESales CONSULTANT

We are looking for highly motivated individuals to work on the Luton on Sunday and Luton & Dunstable Express. These roles involve maintaining already established customer bases by setting effective & exciting campaigns as well as gaining new business through canvassing and cold calling. Although you will be mainly working on the Luton on Sunday, you are encouraged to cross sell into the other LSN titles in Milton Keynes, Bedford & Northampton. These positions would suit tenacious, hungry and experienced sales people who understand the importance of providing the highest level of customer service.

Whilst advertising sales experience isn't necessary, you will need to be presentable, persuasive and confident at communicating face to face and on the telephone at both MD and grass roots level. Strong administration skills and organisation are vital as well as a keen eye for detail.

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It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion and training and not discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union memberships.

WE OFFER:

- Up to £16,000 per annum basic salary (dependant on experience)
- Realistic bonus structure OTE £18- £20k
- Company car – Mini Cooper (Field Sales)
- 25 days holiday per year
- Regular training – office and field
- Contributory pension and healthcare after qualifying period
- Genuine and realistic opportunities for further career advancement

Please send your CV with a covering letter explaining why you would be suitable for either role to Jackie Bevan, Commercial Manager, Luton on Sunday, 28 King Street, Luton LU1 2DP



Active Education Team

Project Manager

£31,754 - £34,549

Full time

37 Hours per week

Active Education is looking to recruit a highly motivated and enthusiastic project manager. This is an exciting opportunity for a suitably experienced and qualified teacher to support schools in developing and implementing high quality Physical Education and School Sport and using this as a tool to bring about whole school improvement. The successful candidate must have experience of working within all phases of education, as they will be expected to deliver activity as a key part of their role so will need to be a qualified teacher. You will have experience of leading on projects, writing action plans and submitting grant applications.

The appointment is subject to a satisfactory enhanced CRB disclosure

To apply you will need to forward a letter of application that addresses all areas highlighted in the job description and personal specification, together with your CV, giving full details of your education, qualifications, skills and experience to:

Toni Chivers, Active Education Manager, Active Luton, Wigmore Hall, Eaton Green Road, Luton LU2 9JB. Tel: 01582 400272
E mail: Toni.chivers@activeluton.co.uk

To receive a copy of the job description and personal specification please contact Liam Mullane on 01582 400272 or liam.mullane@activeluton.co.uk. For an informal discussion about this post, please contact Karen Abell (07876 034929) or Leanne Chapman (07917 071564)

The closing date for applications is Friday 16th December 2011 and interviews will be held on Friday 6th January 2012.

active education
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CHANTRY PRIMARY SCHOOL

Year 3 Class Teacher

MPS/UPS

Required from Easter 2012

Fixed-term contract to cover maternity leave

- Would you like to work in an outstanding school that 'makes a significant difference to children's lives'? (Ofsted 2010)
- Are you looking for an exciting, innovative school to work in?
- Have you had previous experience of working in Key Stage 2?

If the answer is YES, then this is the opportunity you've been looking for!

From Easter 2012 we require a Year 3 Class Teacher to cover maternity leave and welcome applications from NQTs and experienced teachers.

Visits to the school are welcomed. Please contact Mrs Joyce Stammers on 01582 706500 to arrange an appointment.

Closing date: 15th December 2011.

Ref: 40/0270

Shortlisting: 16th December 2011.

Interview date: 6th January 2012.

Before and After School Care Club Co-ordinator

£9,335 - £10,108 pa

Required from January 2012

Fixed-term contract linked to SEN pupil

25 hours per week, term-time only

We require a caring, dedicated person to lead our Before and After School Care Clubs. We are a warm and friendly school with high standards of behaviour.

You must have NVQ3 or an equivalent qualification in Child Care. Previous experience in Before/After School Care is desirable but not essential.

Closing date: 13th December 2011 at 9.00am.

Ref: 40/0269

Shortlisting: 14th December 2011 (successful candidates will be notified by telephone).

Interview date: 16th December 2011.

To apply online please visit www.luton.gov.uk/jobs and click on the link to teaching and schools vacancies.

CVs will not be accepted for any posts based in schools.

Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.

Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

NHS Community Health Services, Bedfordshire

SEPT Community Health Services Bedfordshire are growing the services we offer bringing care closer to home. As part of this initiative we are looking to recruit staff that enjoy challenge, responding to urgent requests and dealing with the unexpected.

Successful applicants will have excellent communication skills, have the confidence to work autonomously and be enthusiastic about the current agenda of providing expert care out of the hospital environment. They will have a flexible and responsive approach to requests for support from varying teams and will be eager to be part of a developing service. There will be an opportunity to develop clinical assessment skills and to gain experience of multi-agency working.

If you are a caring person with a great work ethic and lots of enthusiasm please contact us:

Sub Acute Unit (bedded unit) and Multi Disciplinary Team

Nursing Team Lead - Band 7 (364-5792NS)

Senior Nurses - Band 6 (364-5780NS)

Registered Nurses - Band 5 (364-5781NS)

Health Care Assistants - Band 2 (364-5782NS)

Senior Occupational Therapists - Band 6 (364-5783NS)

Assistant Practitioners - Band 4 (364-5784NS)

Housekeeper - Band 2 (364-5785NS)

Ward Administrator - Band 2 (364-5786NS)



Rapid Nursing and Rehabilitation Team (for a community based 'virtual ward')

Senior Community Nurses - Band 6 (364-5787NS)

Registered Community Nurses - Band 5 (364-5788NS)

Health Care Assistants - Band 3 (364-5789NS)

Mobile Support Team

Senior Community Nurses - Band 6 (634-5721MC)

Registered Community Nurses - Band 5 (634-5720MC)

Rapid Intervention Mobile Support Team

The Mobile Support Team is a new endeavour within Community Health Services in Bedfordshire to support existing teams in a variety of community based services. The nursing led team will be part of the existing Rapid Intervention service and will deliver interventions to a wide range of patients covering 24 hour working as needed. Staff will be required to work throughout Bedfordshire with core teams based in the North and South of the county.

Knowledge and experience of working in community settings is essential for applicants and additional training for specific areas will be provided. Rapid Intervention Mobile Support team will operate on a 24/7 basis and applicants will need to be able to work varying shifts, as required, to cover the service.

If you are interested in any of these posts, please come and talk to us on: **15th December 2011 - Dunstable Health Centre, Priory Gardens 11am - 2pm**

For an informal discussion, please contact Liz Wade Tel: 07970 149512

To apply online please visit www.jobs.nhs.uk or visit our website at www.sept.nhs.uk

South Essex Partnership University NHS Foundation Trust



We value equality because quality services need the best people - from the whole community.

LUTON
BOROUGH COUNCIL

classified

Call us on: 01582 700800
 fax: 01582 700801
 email: advertising@lutononsunday.co.uk

Why Advertise in the **classified** section of the Luton on Sunday and Luton & Dunstable Express newspapers?

Our newspapers are the market leading titles for Luton and the surrounding areas and distribute more copies than any other title with a combined weekly distribution of 110,000* copies between a Wednesday and a Sunday. According to independent newspaper readership figures we also

have more regular readers than any other newspaper in the Luton area.* Place your Classified advertisement with us and your advertisement will appear in both newspapers each week at the most competitive rates available in this area.

Sell your goods or services **FAST** through our classified pages

Phone, email, or fax one of our friendly staff or why not pop in and speak to us in person.



Call:
01582 700800



Email:
advertising@lutononsunday.co.uk



Post:
**28 King Street,
 Luton, Beds
 LU1 2DP**



fax:
01582 700801

Pay by: Credit/Debit card, Cheque or Cash

*110,000 copies delivered each week from August 2010 between Luton on Sunday and the LD Express - Publishers statement. ABC figure for LD Express for July-December 2009 was 72,091. Readership information taken from Newspaper Society JICREG figures 2010.

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Public Notices

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14
CENTRAL BEDFORDSHIRE COUNCIL
(HOUGHTON REGIS: FOOTPATH NO 1)
(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 200

NOTICE IS HEREBY GIVEN that the Order made by Central Bedfordshire Council on the 13 June 2011 the effect of which will be to prohibit any person proceeding on foot along the length of Footpath No 1, Houghton Regis which extends from its junction with High Street North, Dunstable at Ordnance Survey Grid Reference (OS GR) TL 0198 2294 generally east north east for approximately 780m to its junction with Houghton Road, Houghton Regis at OS GR TL 0147 2344.

This temporary closure is required to enable the construction of a new housing development to take place. The closure is expected to continue from 14 December 2011 to 20 June 2012.

The alternative routes for users while the closure is in operation will be:


From OS GR TL 0147 2344 (Map point B) proceed along the footpath of Houghton Road, Houghton Regis and then Houghton Road, Dunstable in a south south westerly direction for approx 798m to the junction with High Street North, Dunstable at OS GR TL 0109 2277 (Map point C). Continue along High Street North, Dunstable in a north westerly direction for approx 454m to the junction with Footpath No 1, Houghton Regis at OS GR TL 0198 2294 (Map point A) and vice versa.

The Order will continue in force until 20 June 2012 or until the works have been completed, whichever is the earlier. If the works are not completed within six months the Order may be extended for a longer period with the consent of the Secretary of State for Transport.

For further information, please contact, Michelle Flynn, Central Bedfordshire Council, Tel: 0300 300 6072

Dated 7 December 2011

David Leverington, Rights of Way Team Leader
Technology House, Amphil Road, Bedford MK42 9BD



CENTRAL BEDFORDSHIRE COUNCIL
(BOSCOMBE ROAD, DUNSTABLE)
(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2011

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council has made an Order the effect of which will be to prohibit any vehicle, except a vehicle being used for fire, police or ambulance purposes in an emergency, from proceeding along that length of Boscombe Road, Dunstable which extends from the Luton Road service road to Eyncourt Road.

This temporary closure is required to enable carriageway surfacing works to take place and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs. Where possible access will be maintained to property and premises but may be restricted from time to time according to local signing.

It is expected that the works will take place on ONE NIGHT between 12th and 16th December 2011 from 8pm to 6am. Specific dates will be advertised locally closer to the time.

The alternative routes available for vehicles affected by the proposed Order are:-


Proceed on Boscombe Rd in a northerly direction to Porz Ave. Take 3rd exit and continue on Porz Ave to Park Rd North/Poynters Rd. Take 3rd exit and continue on Poynters Rd to A505 Luton Rd. Take 3rd exit and continue on A505 to Luton Rd Service Rd (leading to Boscombe Rd). Turn right and continue to site and vice versa except from Boscombe Rd/Luton Rd Service Rd junction continue south on Boscombe Rd to A505 Luton Rd and turn right, eliminating Luton Rd Service Rd.

The proposed Order will come into operation on 12th December 2011 for a period of four months or until the proposed works have been completed, as detailed above, whichever is the earlier.

For further information please contact Central Bedfordshire Highways, Tel: 0300 300 8049.

DATED 7th December 2011

Basil Jackson, Assistant Director for Highways
Central Bedfordshire Council, Technology House, Amphil Road, Bedford MK42 9BD



DEPARTMENT FOR TRANSPORT HIGHWAYS ACT 1980
AND
ACQUISITION OF LAND ACT 1981

NOTICE is hereby given that a Public Local Inquiry in connection with the Order mentioned below will be held by an Inspector appointed for the purpose by the Secretary of State for Transport beginning at 10.00 am on Wednesday 25 January 2012 at Strathmore Hotel, Arndale, Luton, Bedfordshire, LU1 2TR to hear representations from remaining objectors (as defined in the Compulsory Purchase (Inquiries Procedure) Rules 2007) and from any other persons having an interest in the land the subject of the Compulsory Purchase Order and, at his discretion, to hear representations from any other persons who may desire to appear and be heard.

THE ORDER is an Order which has been made by Luton Borough Council under the above-mentioned Acts and submitted to the Secretary of State for Transport for confirmation and is:-

THE LUTON BOROUGH COUNCIL (LUTON TOWN CENTRE TRANSPORTATION SCHEME) COMPULSORY PURCHASE ORDER 2009.

This is an Order under sections 239, 240, and 250 of the Highways Act 1980, which, if confirmed, will authorise Luton Borough Council to purchase compulsorily the land and the new rights over land described therein for the purposes of:-

(a) the improvement of existing highways, being the principal roads known as Crawley Green Road, Crescent Road, Church Street, Hitchin Road and Midland Road;

(b) the construction of a new principal highway from Old Bedford Road to Hitchin Road to be known as the Gateway Link;

(c) the construction of a link road from Midland Road to Gillam Street;

(d) the construction of a new means of access from Crescent Road to the former Network Rail goods yard; and

(e) the use by the acquiring authority in connection with the construction and improvement of highways, as aforesaid.

COPIES of the above-mentioned Order and of the plans referred to therein have been deposited and may be seen at all reasonable hours free of charge at Luton Borough Council Legal Services, Apex House, 30 – 34 Upper George Street, Luton LU1 2BQ

COPIES of any proofs of evidence, sent to or by the promoting authority are also available for inspection, at the offices of Luton Borough Council Legal Services, Apex House, 30 – 34 Upper George Street, Luton, LU1 2BQ from 4 January 2012.

THE SECRETARY OF STATE FOR TRANSPORT hereby directs that any person who intends to submit at the Inquiry that any highway or proposed highway to which the Order relates should follow an alternative route, or that, instead of improving, diverting or altering a highway to which the Order relates, a new highway should be constructed on a particular route, shall send to her at the National Transport Casework Team, Department for Transport, 2nd Floor, Lancaster House, Hampshire Court, Newcastle Business Park, Newcastle upon Tyne NE4 7YH, not later than 4 January 2012, sufficient information about the alternative route or the route of the new highway, as the case may be, to enable it to be identified. Failure to comply with this direction will entitle the Secretary of State and the person holding the Inquiry to disregard so much of any objection as consists of such a submission.

National Transport Casework Team
Department for Transport
2nd Floor, Lancaster House
Hampshire Court
Newcastle Business Park
Newcastle upon Tyne
NE4 7YH

Denise Hoggins
On behalf of the
Department for Transport

15 November 2011

Ref: DNs042/60/1/16



THE BOROUGH OF LUTON (STREET PARKING PLACES)
(AMENDMENT NO 35.) ORDER 2011

NOTICE is hereby given that on 5th December 2011 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

The Order will come into operation on 2nd January 2012

The effect of the Order will be to:-


- install Disabled Persons Parking Bays outside 154 Chester Road, The Business Centre Kimpton Road, 72 Shelley Road and 32 Waleys Close.
- revoke Disabled Persons Parking Bays outside 35 Ash Road ,160 Cutenhoe Road, 70 Highbury Road, 8 Kenilworth Rd, 92 Kingston Road and 120 Whipperley Way.

A copy of the Order, together with a plan showing the roads and lengths of roads affected and a Statement of the Council's reasons for proposing to make the Order may be inspected at the Parking Shop at the Town Hall, Luton (public entrance on Gordon Street) between 9.00am and 4.30pm Monday to Friday.

Any person wishing to question the validity of the order or of any provision contained in it on the grounds that they are not within the powers contained in the above Act or any requirement of that Act or any regulation made under it has not been complied with in relation to the Order, may, within six weeks of the date on which the Order was made, apply to the High Court for this purpose.

11th December 2011

Graham Turner,
Highway Services Manager
Town Hall, Luton LU1 2BQ



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TOWN & COUNTRY PLANNING ACT 1990
NOTICE UNDER ARTICLE 13 OF THE TOWN & COUNTRY (DEVELOPMENT MANAGEMENT) PROCEDURE ORDER 2010
AND/OR
NOTICE UNDER SECTION 67 OR 73 OF PLANNING (LISTED BUILDINGS & CONSERVATION AREAS) ACT 1990

APPLICATION NO: CB/11/03760/FULL **Listed Building/Public Right of Way**

PROPOSAL: Conversion of domestic residence to hotel with spa and conference facilities internal works and extension to main house internal works and extension to garage block construction of spa internal works and extension to stable internal works and extension to barn internal works to existing gatehouse construction of second gate house restoration of Victorian ice house construction of 4 cabins

LOCATION: Toddington Park House, Park Road, Toddington, Dunstable, LU5 6HJ

APPLICATION NO: CB/11/03761/LB **Listed Building/Public Right of Way**

PROPOSAL: Listed Building: Conversion of domestic residence to hotel with spa and conference facilities internal works and extension to main house internal works and extension to garage block construction of spa internal works and extension to stable internal works and extension to barn internal works to existing gatehouse construction of second gate house restoration of Victorian ice house construction of 4 cabins

LOCATION: Toddington Park House, Park Road, Toddington, Dunstable, LU5 6HJ

APPLICATION NO: CB/11/03848/FULL **Affects Conserv Area/General Publicity**

PROPOSAL: Change of Use and conversion of first and second floor offices into two self contained residential units served by ground floor shared entrance. 39 High Street North, Dunstable, LU6 1JE

LOCATION: 39 High Street North, Dunstable, LU6 1JE

APPLICATION NO: CB/11/04135/OUT **Affects Conserv Area/General Publicity**

PROPOSAL: Erection of eight dwellings, access road and associated works

LOCATION: Land off Kiln Way, Dunstable, Beds LU5 4GZ

APPLICATION NO: CB/11/04159/FULL **Affects Listed Building/Conserv. Area**

PROPOSAL: Erection of single storey rear extension to provide 4 No guest bedrooms with new male and female wc facilities and reception area.

LOCATION: The Bell Inn, Dunstable Road, Studham, Dunstable, LU6 2QG

APPLICATION NO: CB/11/04160/LB **Affects Listed Building/Conserv. Area**

PROPOSAL: Single storey rear extension to provide 4 No guest bedrooms with new male and female wc facilities and reception area.

LOCATION: The Bell Inn, Dunstable Road, Studham, Dunstable, LU6 2QG

APPLICATION NO: CB/11/04221/FULL **Affects Conserv Area/General Publicity**

PROPOSAL: Change of Use from Class A1 (Retail) to Class A2 (Financial & Professional Services)

LOCATION: 9 High Street, Leighton Buzzard, LU7 1DN

APPLICATION NO: CB/11/04262/FULL **Listed Building/General Publicity**

PROPOSAL: Erection of single storey extension and alterations

LOCATION: Dunstable Baptist Church, St Marys Gate, Dunstable, LU6 3SW

APPLICATION NO: CB/11/04263/LB **Affects Listed Building or its Setting**

PROPOSAL: Erection of single storey extension and alterations


LOCATION: Dunstable Baptist Church, St Marys Gate, Dunstable, LU6 3SW

Planning applications, related documents and drawings can be viewed on our website <http://www.centralbedfordshire.gov.uk/planning> Alternatively, the application can be viewed at our offices at Priory House, Monks Walk, Chicksands, Bedford, SG17 5TQ or at the Points of Presence at The Old Court House, Woburn Street, Amptill, MK45 2HX. The Job Centre Plus Building, High Street, Biggleswade and Bossard House, West Street, Leighton Buzzard, LU7 1DA. Our customer contact telephone number is 0300 300 8307. A paper copy application is sent to the local Town/Parish Council.

If you wish to make representations about any of these applications should do so within 21 days from the date of this notice by writing to the Head of Development Management, Priory House, Monks Walk, Chicksands, Bedford, SG17 5TQ, or by email to planning@centralbedfordshire.gov.uk Please quote the application number/s. Comments should be restricted to valid planning considerations such as effect on amenity, privacy, noise, traffic, access or similar. Please note any representations received are made available on our website for public inspection and so cannot be treated in confidence.

Assistant Director Development Management

11th December 2011.



Central Bedfordshire

PLANNING AND COMPULSORY PURCHASE ACT 2004
STATEMENT OF THE REPRESENTATIONS PROCEDURE AND ARRANGEMENTS
FOR INSPECTION OF THE BEDFORD, CENTRAL BEDFORDSHIRE AND LUTON MINERALS AND WASTE CORE STRATEGY
MINERALS AND WASTE CORE STRATEGY (SUBMISSION) DPD
MINERALS AND WASTE PROPOSALS MAP (SUBMISSION) DPD

In accordance with Regulation 27 of the Town and Country Planning (Local Development) (England) (Amendment) Regulations 2008, Bedford Borough Council, Central Bedfordshire Council, and Luton Borough Council ("the Councils") have jointly prepared two Minerals and Waste Development Plan Documents for submission to the Secretary of State. The Councils invite representations from the public and interested bodies on these documents.

The documents are as follows:

Title of Document: **Bedford, Central Bedfordshire, and Luton Minerals and Waste Core Strategy (Submission) Development Plan Document**

Proposed subject matter: The document sets out the Strategic vision and objectives for future development and management of minerals and waste developments within Bedford, Central Bedfordshire and Luton, including strategic site allocations for the Plan period to 2028. The document includes Core Policies to guide minerals and waste developments in terms of the amount and generic suitable locations. The Core Strategy has been subject to a Sustainability Appraisal which can be read with the Core Strategy. The document applies to the whole of the administrative areas of Bedford, Central Bedfordshire, and Luton.

Title of Document: **Bedford, Central Bedfordshire and Luton Minerals and Waste Proposals Map (Submission) Development Plan Document**

Proposed subject matter area: The document sets out in map form the Councils strategic allocations for the future development and management of minerals and waste developments within Bedford, Central Bedfordshire and Luton. It identifies site specific strategic allocations and Mineral Safeguarding Areas. The document applies to the whole of the administrative areas of Bedford Borough Council, Central Bedfordshire Council, and Luton Borough Council.

Period for representations: Representations on either or both of these DPD's may be to after midnight on 5th February 2012.

Address for Representations:

Representations can be made on-line at: <http://consult.centralbedfordshire.gov.uk/portal> Alternatively representations can be sent using the representations form or by letter to the address below, or by e-mail to mrplans@centralbedfordshire.gov.uk

Minerals and Waste Planning Shared Service,
Department of Sustainable Communities,
Central Bedfordshire Council,
Priory House,
Monks Walk,
Shefford
SG17 5TQ
Telephone number 0300 300 6219

Representations should specify whether the Plan is considered legally sound and/or the test of soundness, and the document to which they relate. Representations may be accompanied by a request to be notified at a specified address of the further progress of the DPDs (i.e. their submission to Secretary of State, independent examination, and their adoption if found sound).

Availability of Documents for Inspection:

Copies of the Minerals and Waste Core Strategy (Submission) DPD and the Minerals and Waste Proposals Map (Submission) DPD, and associated documents are available at the following locations:

Central Bedfordshire Council:

- Priory House, Chicksands
- The Old Court House, Amptill
- 73 High Street (within JobCentre Plus), Biggleswade
- Watling House, Dunstable
- Bossard House, Leighton Buzzard
- Bedford Square, Houghton Regis

Libraries:

- Amptill
- Barton
- Biggleswade
- Dunstable
- Filwick
- Houghton Regis
- Leighton Buzzard
- Potton
- Sandy
- Shefford
- Stotfold

Bedford Borough Council:

- Borough Hall
- Town Hall

Libraries:

- Bedford Central
- Bromham
- Kempston
- Putnoe
- Wotton

Luton Borough Council:

- Town Hall
- Purley Centre
- Farley Hill Centre
- Lewsey Farm Centre

Libraries:

- Luton Central Library
- Bury Park Library
- Leagrave Library
- Lewsey Library
- Marsh Farm Library
- Stopsley Library
- Sundon Park Library
- Wigmore Library

What is Soundness?

Which Plan/policy are you responding to?

To make your response you must say to which part of the Core Strategy your response relates to, and to which policy or paragraph. The Core Strategy sets out the vision for mineral and waste development, the broad locations where it will take place, the amount that will be provided, and core policies which will be used to determine planning applications. It makes Strategic allocations for minerals extraction, waste recovery and disposal.

Are you commenting on Legal Compliance or Soundness?

If you want to make comment you need to decide on what basis –

Legal Compliance – the Councils have to prepare the Plan according to a number of legal requirements. The Inspector will ensure that these have requirements have been met. Any response relating to the way the Plan has been prepared is likely to fall under this category.

Soundness – if you are responding on the content of the Plan then your comment is likely to relate to this category.




Which Test(s) of Soundness does your response relate to?

The Inspector has to consider the Plan against 3 'Tests of Soundness'. These tests are set out by the Government. Any response that is made must be related to one or more of these tests.

The 3 Tests of Soundness will assess whether the Plan is:

- Justified – this means founded on robust and credible evidence base, and being the most appropriate strategy when considered against reasonable alternatives. There should be evidence of participation of the local community and others which have a stake in the area. Choices should be backed up by facts.
- Effective – this means deliverable (with no barriers, and with partners who are signed up to proposals); coherent with strategies of neighbouring authorities; flexible to change. The document should be able to be monitored, showing who is responsible for delivering the policies and proposals and when they will happen.
- Consistent with national policy – or if there is a departure from it, it must be justified.

If your response relates to more than one Test of Soundness, please be clear which parts of your comment relate to which test.



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RENAULT ANNOUNCES INITIAL DETAILS FOR 2012 SCENIC RANGE

- Scénic and Grand Scénic, Europe's number one compact MPV range, facelifted for February 2012
- Among the key styling changes to the high-selling range are a more contemporary front end on both models, with gloss black and chrome detailing, standard LED daytime running lights, new rear lights
- Two new engines set to debut in Scénic 2012 range: 1.2 TCe 115 petrol and 1.5 dCi 110 Stop & Start, both with headline-stealing performance, economy and emission figures. Latter offers class-beating 68.9 mpg (combined cycle)
- Other improvements include the introduction of two new equipment items: Visio System by Renault (lane departure warning and automatic headlight low/high beam), plus Hill Start Assist
- Range pricing and specification to be released closer to launch. UK order books open 1st February 2012, ahead of first deliveries in March

Ahead of its UK launch next February, Renault has released initial details for the freshly revitalised Scénic and Grand Scénic models for 2012, including sharper designs, the brand debut of two impressive downsized engines and numerous equipment enhancements.

Scenic 2012 – contemporary lines with a sharper look

Since its summer launch in 2009, the fluid lines and generous interior dimensions of the two-model Scénic line-up have continued to attract a wide range of buyers. Just over two years on, Renault has sought to build on the appeal of Europe's best-selling compact MPV, with a series of exterior upgrades. Among them are a revised front end which is both modern and status enhancing, while its new rear lights add a particularly dynamic touch.

The changes continue with the fitment of LED daytime running lights, gloss black features and chrome details (at the front, plus tailgate strip

and side moulding strip), plus a new range of wheel trims and alloy wheels. Grand Scénic's more contemporary front end provides a more imposing look. Two new body colours will also be available, Azzurro Blue and Damask Red.

New downsized engines for greater performance and fuel efficiency

Renault's work on driving down emissions, combined with ever-improving fuel economy and performance through smaller cubic capacity engine innovation has borne more fruit. Following the trend begun by the petrol 1.4 TCe 130 and 1.5 dCi 110, and most recently the arrival of the 1.6 dCi 130, the world's most powerful and frugal diesel engine of its size, Scenic welcomes two new engines. The first, 1.5 dCi 110 Stop & Start, is an enhanced version of the French marque's core diesel engine. Benefitting from several clever technologies derived from Formula 1 (Stop & Start, brake energy regeneration), it combines record low CO2 emissions of 105 grams per kilometre (reduced by 23g/km), and a 12 per cent saving in fuel consumption (up 11.3 mpg to 68.9), yet higher torque (260Nm at 1,750rpm; a gain of 20Nm).

The 2012 versions of Scénic and Grand Scénic also carry over technologies that have helped forge the model's success to date, from the tailor-engineered sound of the Bose® audio system to Carminat TomTom® navigation and associated LIVE services (HD Traffic, etc.).

Renault Scénic and Grand Scénic: Europe's number one compact MPV Scénic and Grand Scénic, are manufactured in Douai, in northern France, where they benefit from the most exacting production standards to guarantee the highest level of quality. Together, they top their segment in Europe, with sales in excess of 400,000 examples since the launch of the current generation at the end of 2009. Just shy of 3.9 million Scénics have found homes since it took the market by storm in 1996.

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STAINES 33

LUTON fell to their eleventh defeat of the season after a Chris Wells-inspired Staines took advantage of a poor performance to take home all the points.

Aidan Kenny and David Irvine were on the scoresheet for the home side with Chris Wells, Chris Bishay and James Robinson scoring for Staines.

The hosts made a terrible start to the match and gave away four penalties as a result of numerous offside offences.

Wells kicked three before adding to his tally with conversions from tries by Bishay and Robinson and this gave the away side a commanding 23-0 lead at half-time.

After the interval, Luton finally managed to get themselves on the scoreboard with a Kenny penalty on 43 minutes.

And Kenny then crashed over for an unconverted try before converting Irvine's try to bring the score to 23-15 and give the home crowd a glimmer of hope.

However, a loose pass from Luton led to Bishay touching down for his second try of the game, with Wells converting and kicking another penalty to snuff out any hint of a comeback.

Afterwards, a spokesman for the side labelled it "an error-riddled display", adding that it was the worst home performance of the campaign.

Luton play Bishop's Stortford next in what will be their last match of 2011.

MIDLANDS TWO EAST (SOUTH)

DUNSTABLIANS 28
STOCKWOOD PARK 15

JACK Newton's late try gave Dunstablians the win in their thrilling encounter with Stockwood Park at Bidwell Park yesterday.

Both teams came into this derby on the back of victories against Northampton Old Scouts and Bugbrooke respectively.

And with five points separating them in the league, it was all to play for.

The Dees' scorers were Stuart Hall, Danny Mills, James Noel with Jason Carr, Martin Rowe and Jason Mitchell on the board for the away side.

Stockwood will be disappointed to have lost as they enjoyed most of the possession and went into the second half with a 10-6 lead.

Carr kicked a penalty and Rowe crashed over with Carr converting but Dunstablians hit back with two penalties by Mills.

After the interval, the Dees came out fighting and within five minutes had gone ahead courtesy of a try by Hall, with Mills adding the extras.

Mills then kicked another penalty to extend the lead and Noel went over for an unconverted try, before Stockwood registered their only score of the second period when Mitchell touched down to leave the match delicately poised at 21-15.

Dunstablians put up a sturdy defence to keep their tryline from being breached and with Stockwood mounting a potentially match-winning attack they countered.

A loose pass was intercepted and Newton ran the full length of the pitch to touch down emphatically and put the result beyond any doubt.

FA TROPHY LUTON TOWN

2

Relief for Brabin but fans

BY LAUREN ARCHELL

lauren.archell@lutononsunday.co.uk

UNDER pressure boss Gary Brabin had a win to cheer yesterday but it was an unconvincing success over Swindon Supermarine.

The scoreline was flattering to the Hatters, who for large periods were second best to the visitors.

After a disappointing series of results fans voted with their feet, only 1,298 turning up - the lowest post-war attendance at Kenilworth Road.

It wasn't the high-scoring thrashing that many expected, with Evo-Stik Premier Swindon Supermarine starting the stronger team by defending well and stifling Luton.

The visitors had the first shot of the game on 14 minutes, with Ash Edenborough's 20-yard strike landing safely in goalkeeper Mark Tyler's arms.

A second attempt from Edenborough flashed wide, as Swindon Supermarine continued to pile on the pressure.

It took 28 minutes for the Hatters to manage their first effort on goal, an attempt from Stuart Fleetwood sailing high over the bar after a patient build-up.

The deadlock was broken by the Hatters on 38 minutes as they started to get back into the game.

A left-hand corner from John Paul Kissock was met by the head of Alex Lacey.

His effort back across goal was buried in the back of the net by Fleetwood, who did well to hook the ball from over his shoulder to find the target.

The goal galvanised the Hatters who went close again seconds after the restart with another attempt from Fleetwood.

Swindon gifted the striker the ball, but the resulting shot was fired inches above the crossbar.

Luton had started the second half brightly, with Greg Taylor chipping a cross into the box, that Brunt tried to acrobatically bicycle kick home.

From then on it was Swindon Supermarine who piled the pressure on to the Town goal, with a quick succession of shots.

Tyler was forced to make a dive to his right to save a decent attempt from sub Harry Etheridge, which was followed by a low swinging strike from Edenborough.

Tyler kept the home side in the game minutes later, playing a forceful strike from Edenborough over the bar.



GOAL: Stuart Fleetwood scores Luton's first

It was only a mistake from Marine keeper Rae that allowed the Hatters a chance on goal.

After spilling a shot from Fleetwood, Brunt's foot was unable to reach what would have been a tap in.

The Hatters rattled the underside of the crossbar, a quick volley from Kissock bouncing back to Brunt, who managed to square the ball to Keith Keane who flashed his attempt wide.

The lead was eventually doubled on 73 minutes by substitute Tommy Wright, who latched onto a high cross from JJ O'Donnell, which he headed easily past keeper James Rae.

Watkins was unlucky not to get his name on the scoresheet late in the game, as he blasted a free

kick towards Rae, who did well to get to the ball and force it over the bar for a corner. The visitors went down to ten men just seconds before the end after midfielder Sean Wood received his second yellow card of the game.

So relief for the manager and the victory, in this case, maybe more important than the performance.

Team: Tyler, Gleeson (Wright), Taylor, Lacey, Osano, Beckwith, Kissock (McAdams), Keane, Watkins, Fleetwood, Brunt (O'Donnell)

Unused subs: Kidd, Smith

Attendance: 1,298 (55 away)

Referee: J Hopkins

Tyler signs deal to take him up to 2013

GARY Brabin feels that the competition for a place between his two goalkeepers is slowly being replicated in the rest of the Luton Town squad after Mark Tyler signed a new deal.

On Thursday, Tyler (pictured) put pen to paper on a new contract that keeps him at Kenilworth Road until the end of June 2013, despite having fallen behind Kevin Pilkington in the pecking order.

In recent weeks, veteran stopper Pilkington has taken over as Luton's first choice 'keeper since his impressive showing in the win over Northampton Town in the FA Cup.

Brabin said: "I've got good competition with the 'keepers and that's what I want right through the squad, and I think we're getting closer to that."

"Whereas in the past players sulk and give up for two or three weeks



if they had been dropped, that's not the attitude here now.

"There is a good team spirit and a good work ethic.

"Now we need to match that with being a bit more mentally stronger and at times be prepared to roll up our sleeves and fight."

"Things aren't always going to go our way - we've got to be tougher and learn to keep driving on."

Tyler has made 112 appearances for the Hatters since joining from Peterborough United two years ago and last season won the club's Player of the Year award.

He missed the opening games of the season due to injury, but was put straight back into the side as soon as he had recovered.

Yet Pilkington's hard work in training convinced Brabin to give him a chance against Northampton, and now Tyler is having to do the same to force his way back in.

"We work with them day-in, day-out and sometimes we make decisions that people don't see

when Saturday comes," explained Brabin.

"They wonder why is one player playing instead of another, but we're working with these individuals every day and we see something coming or not quite coming."

"One thing which has stuck out is Kevin Pilkington's attitude; we put him in against Northampton and I think everyone witnessed he was fantastic. He has come in and done brilliantly, and the first person to go over and congratulate him on his performance was Mark Tyler."

"Obviously he's disappointed to be on the sidelines, but hopefully that will give him a bit more of a push now to come on show us how good he is."

"You watch them working with [goalkeeper coach] Dmitri Kharine and it is fantastic."



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SWINDON SUPERMARINE 0

give win a miss



HEADING IN: Tommy Wright seals the win



GOING CLOSE: Ryan Brunt tries his luck

Lacklustre performance proves costly for Rovers

FOOTBALL

EVO-STIK DIVISION ONE CENTRAL

AFC HAYES 2
BARTON ROVERS 0

BARTON slipped to defeat away from home, but it was their performance that will cause the most worry for everyone involved at the club.

Lacking any sort of spark or invention, the visitors were able to control possession for large parts of the game but didn't trouble Hayes' defence enough.

Scott Joseph's header, which was cleared off the line, was as close as the lackluster Barton came.

Hayes' first came after 72 minutes with a long-distance thunderbolt, and they added an 89th minute penalty after Barton's sloppy defending summed up their day.

Crawley get their revenge in Trophy

FOOTBALL

BEDS COUNTY FA SENIOR TROPHY QUARTER FINAL

CRANFIELD UNITED 0
CRAWLEY GREEN 4

CRAWLEY convincingly progressed into the semi-finals after totally outplaying Cranfield for the entire game.

Earlier in the season it had been a different story as Cranfield won at Crawley's ground in the league fixture.

But after Jamie Warne's third minute opener, the rampant visitors were always going to get their revenge.

Lee Hayward smashed in a second that bounced in from the crossbar, and it was just a question of how many Crawley could score.

Warne beat two defenders and the keeper to make it 3-0, before completing his hat-trick in stoppage time to take Crawley into the next round.

SOUTH MIDLANDS LEAGUE PREMIER DIVISION

AFC DUNSTABLE 2
ROYSTON TOWN 1

BJ Christie settled this top-of-the-table encounter with a second goal deep into stoppage time, despite Royston thinking they had nicked a point just seconds earlier.

AFC, who remain third, have closed the gap on first-placed Royston after this deserved win.

Christie's 30-yard cracker after half-an-hour put AFC ahead and it was no more than they warranted.

But Royston scored from a free-kick in the last minute, only for Christie to immediately beat two defenders and the keeper and spectacularly win the match.

SOUTH MIDLANDS LEAGUE PREMIER DIVISION

HOLMER GREEN 3
DUNSTABLE TOWN 5

DUNSTABLE Town are now just two points off top-of-the-table Royston Town despite briefly wobbling against Holmer.

The visitors roared into a 4-0 lead by half-time, with Peter Holmes opening the scoring and Dean Brennan and Danny Hutchins adding the next two. Hutchins scored the fourth with a stunning lob from distance.

Holmer are bottom of the league, but rallied after the break.

Their substitute striker got Dunstable's nerves twitching by firing in a hat-trick, but the hosts were barely in with a chance of reducing the deficit after Brennan added a fifth.

SOUTH MIDLANDS DIVISION TWO CUP QUARTER FINAL

TOTTENHOE 6
PITSTONE & IVINGHOE 0

A RAMPANT Tottenhamhoe comfortably disposed of Pitstone & Ivinghoe yesterday afternoon.

The cup tie was evenly poised at half time, but braces from Sean Bishop and Gary Simpson plus further strikes from Aidan Murray and Ross Scott saw Tottenhamhoe run riot.

SOUTH MIDLANDS LEAGUE DIVISION TWO

TEN-MAN CADDINGTON dramatically lost to Kent Athletic 2-1.

Jamie Allen handed the hosts the initiative on 15 minutes, however, the visitors fought back after the interval.

James Ingram equalised for the League outfit, then Dean Gazette scored Kent's winner late on after a Caddington player was sent off for two bookable offences.

THE 61 FC thrashed Blunham 11-2 in the Bedfordshire County FA Senior Trophy.

Ryan Smith, Aaron Lewis and Colin Gundry all netted hat-tricks to send the Luton-based side safely through to tomorrow's semi-final draw.

YESTERDAY'S RESULTS

FA Trophy First Round Proper

Northwich Victoria 3 1 Fleetwood Town
Colwyn Bay 1 3 Lincoln City
Vauxhall Motors 4 4 Kidderminster Harriers
Stockport County 2 2 Stalybridge Celtic
York City 2 2 Solihull Moors
Barrow 3 2 Harrogate Town
Guiseley 2 0 FC United Of Manchester
Wrexham 1 2 Hinckley United
Droylsden 2 1 Mansfield Town
Grimsby Town 3 0 Darlington
Gateshead 3 2 Kettering Town
Worksop Town 1 0 Tamworth
North Ferriby United 1 5 Chester
Alfreton Town 4 0 Southport
Boston United 2 1 Hyde
Salisbury City 4 1 Lowestoft Town
Luton Town 2 0 Swindon Supermarine
Didcot Town 0 1 Basingstoke Town
Chelmsford City 2 3 Bath City
Wealdstone 5 0 Uxbridge
Truro City 2 5 Ebbsfleet United
HamP' & Rich' Borough 2 0 Hayes & Yeading United
Carshalton Athletic 5 0 Bishop's Cleeve
East Thurrock United 2 1 Welling United
Staines Town 0 0 Maidenhead United
Weymouth 2 1 Chippenham Town
Boreham Wood 0 1 Cambridge United
Brackley Town 0 3 Dartford
AFC Hornchurch 0 0 Farnborough
Newport County 0 0 Forest Green Rovers
Gosport Borough 0 1 Baintree Town

Evo-Stick Southern League Premier Division

AFC Totton 2 0 Hemel Hempstead Town
Barwell 1 1 Bedford Town
Bashley 0 2 Oxford City
Cambridge City 2 2 Chesham United
Frome Town 1 2 Evesham United
Hitchin Town 0 3 St Albans City
Leamington 4 2 Stourbridge
Redditch United 1 0 Banbury United

Evo-Stik Southern League Division One Central

AFC Hayes 0 2 Barton Rovers
Beaconsfield SYCOB 3 2 Burnham
Bedford Town 2 1 Leighton Town
Bedworth United 1 1 Chertsey Town
Biggleswade Town 4 1 Aylesbury
Chalfont St. Peter 2 1 Slough Town
Fleet Town 1 1 Rugby Town
Marlow 0 1 Ashford Town (Middx)
North Greenford United 1 2 Daventry Town
Woodford United P P Northwood

Spartan South Midlands League Premier Division

AFC Dunstable 2 1 Royston Town
Aylesbury United 1 1 Stotfold
Hadley 0 1 Colney Heath
Hanwell Town 0 3 Hillingdon Borough
Harefield United 1 0 Broxbourne Borough
Hatfield Town 2 4 Hertford Town
Holmer Green 3 5 Dunstable Town
London Tigers 3 4 St Margaretsbury
Oxhey Jets 1 2 Biggleswade United
Tring Athletic 2 3 Haringey Borough

Spartan South Midlands League Division One

Amersham Town 0 6 Wodson Park
Bedford 2 1 Stony Stratford Town
Buckingham Athletic 1 1 Harpenden Town
Chesham Utd Reserves 1 2 Cockfosters
Langford 7 1 Kentish Town
New Bradwell St Peter 2 1 Tokyngton Manor

Spartan South Midlands League Division Two

Caddington 1 2 Kent Athletic
Hale Leys Utd 2 1 Tring Corinthians
Mursley United 3 1 MK Wanderers
Old Bradwell United 2 3 Aston Clinton

Bedfordshire County FA Senior Trophy Quarter Final

Cranfield United 0 4 Crawley Green
Shefford Town & Camp' 1 2 Caldecote
The 61 FC (Luton) 11 2 Blunham
Amphill Town 4 0 Renhold United

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We need to be mentally tougher, insists Brabin

BY MARC BAZELEY
sport@LSNMedia.co.uk

THE great American golfer Bobby Jones once described his sport as: "A game that is played on a five-inch course - the distance between your ears." Right now, Luton Town boss Gary Brabin may well be thinking the same thing about football.

A 1-1 draw away to Lincoln City - relegated from the Football League last season but currently hovering just above the relegation zone - left the Hatters sitting a point outside the Blue Square Bet Premier play-offs and 11 behind leaders Wrexham.

It was the sixth time this year they had been held to a draw having taken the lead, and Brabin put that down to a lack of mental discipline and concentration, which he is keen to rectify.

"I think if anything I'd say it was mental," he said, adding: "Our mental conditioning has probably got to be right."

"We switch off for a second and we're in this thing now where we feel like we're getting punished."

"But if you fight and force things enough then you're eventually going to

get your rewards. We're a fit, physically prepared football team, but it's just mentally that we've got to be tougher.

"All of the things I speak about like the expectation and playing for a big club - you shouldn't fear that, you should relish it, be up for the challenge and not let anyone take things from you."

"The one thing that I am disappointed about is that we're not in a better position in the league in terms of points on the board."

"We didn't expect to be running away with it at this stage, but we certainly didn't want to be ten or 11 points off of the pacesetters."

After missing out on promotion to AFC Wimbledon in the play-off final last season, expectations of a return to the Football League were once again high amongst the Kenilworth Road faithful.

That is by no means out of the equation yet, although Brabin admits he is troubled by the fact that his side are not battling it out with the likes of Wrexham and Fleetwood Town for the title and the only automatic promotion spot at this present time.

He said: "Sometimes people think you

go home and don't bother, but from my own personal point of view it does affect your life."

"There is nothing bet-

ter than winning football matches and being successful, and I know and believe that this group of players are good enough to get promoted from this league."

"I want more from them, we've had lengthy chats and meetings, and we're all agreed that we can do more, and I genuinely believe that some of those lads have got the same feelings."

"They're disappointed and it really is hard to swallow. We know the expectancy and that's a fantastic thing to have."

"It's better to have that expectancy and the following we have got."

"That expectancy is not something to fear, it's something to thrive on and I'd rather be at a club with that than one that has got 1,000 watching and are happy drawing games."

"That's not the case and we want to back it up with performances we know we are capable of."



For a report on Hatters win over Swindon Supermarine turn to pages 50-51

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Keep warm this winter

Cold homes can have a significant impact on people's health and cold weather can lead to serious health problems such as heart attacks, strokes, pneumonia and trips and falls in ice or snow.

Cold weather affects some people more than others, including older people, those with pre-existing medical conditions and people who cannot afford to adequately heat their homes.

With rising fuel costs there are many things we can do to stay warm and well during the winter months.

The advice is to:

- Block off any draughts
- Improve your insulation and draught proofing
- Make sure that your heating system is working safely and effectively

During the day

- If you can't heat all your rooms make sure you keep your living room warm throughout the day and heat your bedroom before going to bed
- Set the timer on your heating to come on before you get up and switch off when you go to bed
- In very cold weather, rather than turn the thermostat up, set the heating to come on earlier so you won't be cold while you wait for your home to heat up
- Keep active. Try to move around at least once an hour and avoid sitting down for long periods of time
- Hot drinks and food will give you warmth and energy

During the night

- Try to keep a temperature of above 18°C (65°F) in your bedroom overnight
- If you use a fire or heater in your bedroom during winter, open the window or door a little for ventilation
- An electric blanket or a hot water bottle will help you keep warm (the Fire Brigade, Trading Standards and Age Concern can test your electric blanket for safety)

Dress well

- Wear plenty of thin layers, rather than one thick one
- Wear a hat
- Put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside
- Make sure that your shoes will grip in slippery conditions
- Wear clothes made of wool, cotton, or fleecy synthetic fibres
- Stay warm in bed with bed socks, thermal underwear and a nightcap or headscarf



Please look out for elderly friends and neighbours - Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

If you are worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 00 99 66. Further useful information can be found at www.direct.gov.uk. For more information on the warm front scheme contact 0800 316 2805 or visit www.warmfront.co.uk

Remember to get your annual flu jab

If you are in one of the 'at risk' groups listed below then it is not too late to protect yourself from this year's seasonal flu.

Flu is not the same as getting a cold. Its symptoms are more severe, last longer and for some it can lead to more serious illnesses, resulting in a spell in hospital and sadly even death.

But flu is preventable and so if you are in an 'at risk' group then book an appointment with your GP practice as soon possible to have your free jab. People who can get the flu jab free of charge on the NHS include:

- anyone aged 65 or over;
- pregnant women (in any stage of pregnancy);
- anyone with a long-term condition including diabetes, asthma, liver disease, kidney disease or heart or chest problems;
- people undergoing medical treatment who may have a weakened immune system;
- people with a neurological condition such as multiple sclerosis (MS) or cerebral palsy;
- people living in a residential or nursing home;
- a main carer for an elderly or disabled person whose welfare may be at risk if they fall ill, and;
- NHS frontline staff

The best way to protect against flu is to get immunised, but in addition, people can protect themselves and others by practicing good hand hygiene with the Catch It, Bin It, Kill It technique. This means catching coughs and sneezes in a tissue, binning the tissue after use, and cleaning your hands.


NHS

The NHS in Bedfordshire and Luton

The flu vaccine has been thoroughly tested and is very safe and effective. The vaccines cannot cause flu as they do not contain the live virus, so any side-effects are rare and minor compared to the risks that come with flu.



NHS Choices is full of useful health information

NHS Choices, (www.nhs.uk) the online 'front door' to the NHS, is packed full of information to help you live well.

Why not join the nine million visitors a month who use the site to search thousands of pages, with more than 800 conditions and treatments, information and advice on healthy living and help with finding local NHS services.

You can now access this online information in more than 50 languages using the new auto-translation service using Google Translate. Just click the 'translate' link at the top of the page and select the language (Users will need Javascript enabled for this to work).

Beat the winter blues

Winter depression (seasonal affective disorder or SAD) affects up to one in 15 of us every year and many more of us get a milder form of the condition, known as the winter blues.

Symptoms include sleep problems, lethargy, overeating, irritability, feeling down and unsocial, but these tips could help:

Keep active - Get outside in natural daylight as much as possible

Keep warm - Being cold makes you more depressed

Eat healthily - A healthy diet will boost your mood and give you more energy

Take up a new hobby - Keep your mind active with a new interest

See your friends and family - Socialising is good for your mental health

Talk it through - Speak to your GP about support available

10 top tips to get 5 A DAY on a budget

- Buy fruit and veg loose rather than pre-packaged
- Look for supermarket deals on fruit and veg
- Fruit and veg are usually cheaper if they're in season
- Fruit and veg are often cheaper at your local market
- Replace snacks with a piece of fruit. A banana costs less than most chocolate bars or packets of crisps!
- Don't throw away veg that is going out of date. Use them in stews, soups and casseroles
- Canned fruit and veg count towards your 5 A DAY and won't go off!
- Look for deals on frozen and dried fruit and veg. They're often cheaper than fresh varieties.
- Swap ready meals for homemade. Vegetables in dishes such as casseroles and curries count towards your 5 A DAY.
- Cook in bulk and freeze portions to eat another time.



The NHS in Bedfordshire and Luton

Have a Merry Christmas, drink sensibly and stay safe!

It is recommended that men should not regularly drink more than 3-4 units of alcohol a day and women should not regularly drink more than 2-3 units a day.

For information and support on alcohol visit www.drinkaware.co.uk

Antibiotics - help us to use them wisely

Now that the cold weather has arrived more of us are getting the usual winter illnesses. If you do have a cough, cold, tonsillitis or even flu, please think twice about asking for antibiotics from your GP.

This is because the majority of these illnesses get better just as quickly by themselves without using antibiotics, as our own body fights the infection.

Our overuse of antibiotics is allowing bacteria to develop resistance to them and this could make treatment for common bacterial infections, such as pneumonia, much more difficult in the future.

How can you help prevent antibiotic resistance?

The best advice if you have a common illness or infection is to visit your local pharmacist.

You won't need to make an appointment and they will be able to advise you on the most appropriate treatment. For most people this will prevent the unnecessary prescribing of antibiotics or a needless visit to the doctor.

If you are still concerned about your condition you can **call 111** (if you are calling from within Luton) or **NHS Direct on 0845 46 47** (if you are calling from outside Luton).

Reminder!

Don't forget to order your repeat prescription now so that you have enough medication over the Christmas period!

Please only order what you need though...

Help us to reduce the £3.5 million a year wasted on medicines by checking what medication you have in your cupboards and only ordering what you need.

Now is also a good time to check your medicine cabinet and to take any old or unused medicines to a local pharmacy for safe disposal.

You can find further information at www.medicinewaste.com



Don't hibernate from staying active this winter!

Winter's darker and shorter days can be a turn-off when it comes to exercising but keeping active through winter helps to boost your mood, your body's defences and help keep you in shape.

Choose an activity that you will enjoy or even try something new that you can do indoors, such as archery or badminton. For activities taking place near to you, visit www.nhs.uk/change4life

You don't have to stop doing outdoor activities

You could take a long walk at the weekend or go for a bike ride - just wrap up warm and be careful if it's wet or icy.

If being outside when it's windy, raining or snowing doesn't appeal, rent a fitness video and try doing some exercise at home or even use your computer console for interactive sports and fitness games!

Stay safe - if you're exercising after dark, keep to well-lit areas, wear bright and reflective clothing and try to exercise with a friend or tell someone where you're going. Avoid listening to music while running outdoors, as not hearing what's going on around you can make you vulnerable.

Why not get out with the whole family to try a new activity, maybe ice-skating or taking a bracing winter walk.



...NOROVIRUS...

Norovirus is better known as the winter vomiting bug. It is the most common stomach bug in the UK, affecting people of all ages.

The virus, which is highly contagious, causes vomiting and diarrhoea. As there is no specific cure, you have to let it run its course, but it should not last more than a couple of days.

If you have norovirus, the following steps should help ease your symptoms:

- Drink plenty of water to avoid dehydration
- Take paracetamol for any fever or aches and pains
- If you feel like eating, eat foods that are easy to digest
- Stay at home and don't go to the doctor, because norovirus is contagious and there is nothing the doctor can do while you have it. However, you may wish to visit your GP if your symptoms last longer than a few days

The following should help prevent the virus from spreading further:

- Wash your hands frequently.
- Do not share towels and flannels.
- Disinfect any surfaces that an infected person has touched.



What to do if your GP is closed

Simply call 111 if you are calling from Luton or if you live outside Luton call your GP surgery number.

You will then be advised on the most appropriate service, which can include attending the out of hours GP service, local walk-in centre or even a home visit by a GP.